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A BOOK OF
UNUSUAL SOUPS



MARY D. CHAMBERS

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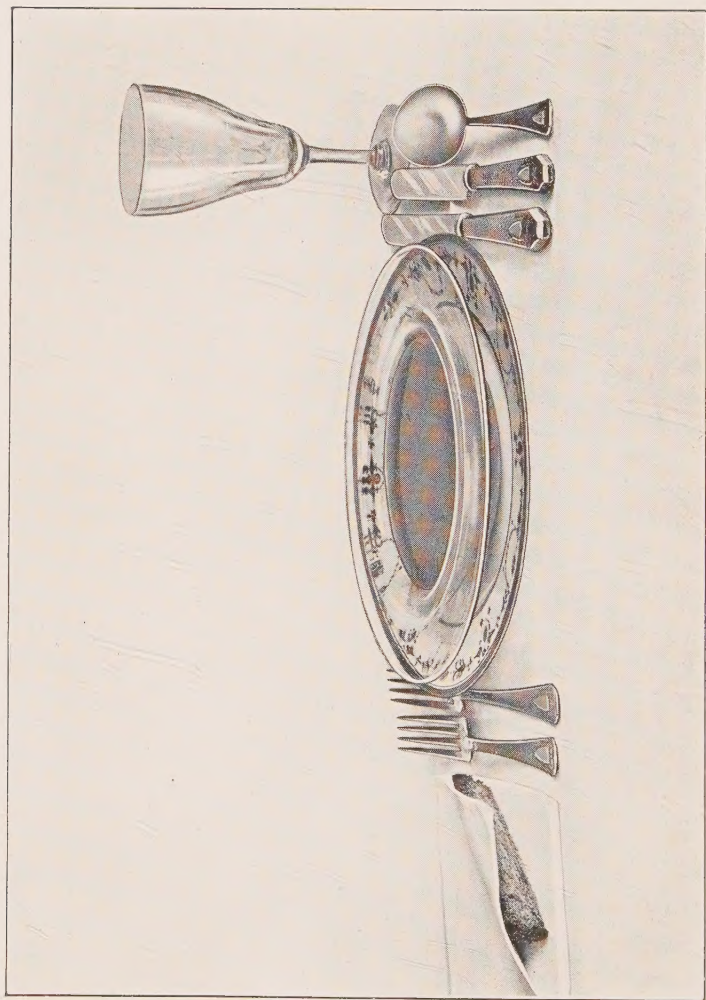
A BOOK OF UNUSUAL SOUPS

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A BOOK OF UNUSUAL SOUPS



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COVER FOR THE SOUP COURSE

A BOOK OF UNUSUAL SOUPS

BY
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DEDICATION

To

R. B. H.

THIS LITTLE BOOK IS INSCRIBED
IN ACKNOWLEDGMENT OF
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TO THE MAKER OF SOUPS

“Soup is to a dinner what the porch or gateway is to a building.”

Grimod de la Regnière.

“Of all the items in a menu, soup is that which exacts the most delicate perfection and the strictest attention, for on the first impression it gives to the diner the success of the rest of the meal must depend.”

Escoffier.

As a nation we have been accused of indifference and lukewarmness towards soup. Our lack of appreciation is due to the many disappointments we have experienced in the soups we were born to, those we failed to achieve, and those that were thrust upon us. No wonder we are found furtively to shirk the soup course whenever we can, and to violate good usage by employing some improper substitute for it.

Often as we have been told that cookery is a fine art, it does not seem to have sunk in — and until it

does there is no hope for our soups. Yet the fact that there is a new and comparatively unexploited field still open to enterprise ought to stimulate those who have in them that nice sense of fitness, that fine discrimination for flavoring, that gift of originality, so essential to the soup-maker. For the soup depends on the maker as does no other dish. Meat, game, poultry, vegetables, fruits, all bring their own flavors to the cook, she merely enhances or modifies these — while she alone is responsible for the flavor of the soup, since it depends on what she puts into it.

Therefore, though we give in this book lists of kinds and quantities of seasonings, we hope that the guiding rule of the maker of soup will be — not slavishly to follow precepts, but to aim solely at making the soup TASTE GOOD by any and all legitimate means. Remember, there is nothing that cannot be used in soup. The list of ingredients for bread, cakes, candy, sweet dishes, is confined to comparatively few under each heading, but there is no edible substance which may not be used in soup. And as to combinations of ingredients, the maker has a free hand; only her own judgment may restrain her. Take advantage, I pray you, of this freedom. Try spoonfuls of jam and preserve and raisin pulp in your meat

soups, and pieces of meat in your fruit soups. *This is good!* Try burnt or caramelized sugar in any kind of soup. *This is fine!* Try onions on persons who hate them, first browning the onion in butter until there is perceptible neither smell nor taste to hint at its presence. *This is excellent!*

Let me whisper to you a secret. Every one of you ought to be able to serve soups in her house that shall be as individual as she is, as impossible to duplicate, and as characteristic as her handwriting. Let your friends ask you for the recipe — and find themselves unable to make the soup — for it is your own.

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A BOOK OF UNUSUAL SOUPS

CHAPTER ONE

THE SOUP COURSE AND THE SOUP

I

CONCERNING THE SOUP COURSE

THE soup is the first essential course of any dinner served in courses, whether these number two or ten times two. No formal dinner, of even the least elaborate kind, deserves the name unless there is a soup course. There is in vogue at present an attractive custom of serving some dainty, frilly form of "eats" as prelude to the opening of the dinner; thus we find canapés passed to the guests while yet in the reception room and before dinner is announced; or we find a fruit salpicon at each cover in the dining room,

its bright tints adding to the decorative effect of the lighted table; but none of these frills aspires to the dignity of a course, it is incorrect so to consider them, and at a dinner they should never be substituted for the soup course. At a luncheon, a meal that is not governed by such strict rules, this liberty may be taken with impunity — but at a dinner, never!

It is true that shellfish are often served for a first course at dinner, usurping the place of the soup. But these are not one of the essential and necessary courses, and the soup is.

Accompaniments to Soup

The accompaniment to the soup course is the bread stuff, in whatever form, that is served and eaten with it. This may be the bread or roll laid between the folds of the napkin, or the bread sticks, toast fingers, crackers, etc., offered or served with this course. The dishes of olives, radishes, curled celery, and so forth, which are placed on the table from the beginning, are sometimes incorrectly spoken of as accompaniments to the soup. Properly, these should not be touched until the soup has been eaten, they are what we call *hors d'œuvres*, which means some-

thing outside of the course; and they are eaten between courses as a means of occupying the time during the removal of one and the serving of the next. A chapter on accompaniments to soup begins on page 129.

Garnishes for Soup

The garnishing of any dish is the decoration that forms part of it as it appears at the table. It is meant to stimulate appetite through giving pleasure to the eye, for it is an accepted truth that "we eat first with our eyes." Some time ago we used to run to silly garnishings that violated both logic and good taste in the fact that though meant to stimulate appetite they could not be eaten. Such garnishings were frauds. Now, garnishings are ruled out if they are not edible, and they are served as part of the dish.

The garnishing of a soup may properly be its inherent coloring and clearness. Suggestions for enhancing or altering the natural color of a soup, where this seems desirable, follow the recipes; and methods of securing clearness and transparency are discussed on pages 13 and 23. Let us say that to

alter the color of a soup by way of camouflage, *e.g.*, by reddening an apple soup to make it look like strawberry, is not in good taste unless the coloring material justifies its use by bringing additional flavor to the soup. Thus, an apple or orange soup may be flavored with strawberry, or with checkerberry, and then the color is incidental to the flavoring, but it may not be tinted with carmine or cochineal. Yet either of the last is admissible when the natural color of the soup is red, and the added color merely deepens this.

Lists of garnishings follow the soup recipes, and how to make the more elaborate garnishes is described in Chapter Six.

The Etiquette of the Soup Course

A cold soup may be in place at each cover when the guests enter the dining room. If a hot soup is served, a salpicon, a cocktail, or oysters or clams on the half-shell may be ready at the cover, and the hot soup served after the first remove. To have something ready for the guests to begin on as soon as they are seated does away with the awkwardness of a long wait before an empty plate. The soup plate

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is set on the handsome service plate which occupies the center of the cover and which is not removed until it is taken away with the course which immediately precedes the meat course.

Another important point of good form in the soup course is that the dominant ingredient of the soup may not be repeated in any of the following courses. For instance, a chicken soup may not be followed by roast chicken, or even chicken salad; a cucumber or tomato soup excludes these vegetables from the remainder of the meal, unless used in a *mélange*. An oyster soup cuts out oysters from the rest of the dinner, even an oyster stuffing; and a fruit soup had better not have the same fruit repeated in the sweet course or for the main part of the dessert.

A clear soup, one which refreshes, and whets the appetite without satisfying it, is the correct kind to serve at a formal or company dinner. It is usually unthickened, though there is no objection to the sometimes pleasing effect of "body" given by a very slight thickening, provided it does not interfere with the transparency of the soup. See *Thickenings*, page 21.

Where there is a large dinner party, a choice of two kinds of soup is generally offered, a clear or a cream

soup. The last should be as light as possible, since a soup of anything approaching heartiness will satisfy the appetite too well to permit enjoyment of the courses to follow.

A rich cream soup, a thick soup, a purée, or a soup containing oysters or clams, pieces of meat, or vegetables is quite correct to serve at luncheon, or when a light dinner follows it, for in both of these instances the function of the soup is to supply a good share of the nutriment of the meal.

Soup is always spoken of as being "eaten", never "drunk." See page 100 for probable reason.

The soup should be dipped up by each individual from the farther side of the spoon, and eaten from the side nearer, thus the part of the spoon that touches the lips never goes into the soup on the plate.

The soup plate may never be tilted to get those last drops which everybody hates to leave. You have to appear quite indifferent to the appreciable portion of soup left on your plate, no matter how much you long for it.

A second helping of soup may never be offered, for good usage brands this form of hospitality as improper. The story is told of a luckless host who once invited a distinguished guest (he had praised

the soup) to have another ladleful. The guest, very much shocked and surprised, collected himself sufficiently to answer, with crushing effect: "Not to-day!"

II

STOCKS AND SOUPS

A stock is so well defined by Webster's Dictionary that we cannot do better than to repeat that definition: "A liquid or jelly containing the juices and soluble parts of meat, vegetables, etc., extracted by cooking, used in making soup, gravy, etc." The stock itself is often used as a soup, but more correctly the stock becomes soup only when something extra is done to it. This may be clarification, — though a clarified stock is often called for. It is oftener the addition of extra ingredients, flavorings, or garnishes.

Many of the cookery books classify soups as those made with stock and those made without. This hardly seems a fundamental difference, for the use of either stock or water is often optional; and stock can be substituted for milk or cream, or for

part of the juice of fruits or vegetables. A different classification has been attempted in this book, yet this too is not quite free from objections.

A brief description of the different standard varieties of soup follows.

Bouillon or Beef Stock

A bouillon is a beef broth. Bone is not a necessary ingredient. If made in the proportion of a pound of beef to a pint of water, the bouillon should jelly when cold; but the usual proportion for ordinary bouillon is a pound of beef to a quart of water. The meat is cut into small pieces and allowed to stand in the water for at least half an hour before cooking. It is then brought very slowly to a boil, seasonings are added, and the whole barely simmered for five or six hours or until the meat is in rags. The bouillon is then strained and cooled.

SEASONINGS: For each quart of water add one teaspoonful of salt, one fourth teaspoonful of pepper; and at your pleasure one half teaspoonful dried sweet herbs, a sprig of parsley, a piece of bay leaf, a shred of sweet pepper or two or three pepper-

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corns, a blade of mace, a couple of prunes ; and one tablespoonful of any or all of the following vegetables, chopped in small pieces : onions, celery, carrots, shallots, leeks, mushrooms, etc. Other seasonings may be used at will. A tablespoonful of preserved quinces, or any kind of fruit jelly, goes deliciously with beef bouillon. Also a very little Worcestershire sauce, not enough to have its presence detected, gives piquancy to the bouillon.

The seasonings should not be added until after boiling has commenced ; they will then serve to lower the temperature, for it is important that the cooking shall proceed at merely simmering point, or about 180° F. A fireless cooker may be used with advantage at this point.

Brown Stock or Bouillon

Part of the meat may be sautéed on a hot pan until well browned on the outside before adding to the water ; this improves the flavor, and gives the soup a rich brown color. Part of the vegetables may similarly be browned before adding to the soup kettle.

Chicken and Other Kinds of Bouillon

Other so-called bouillons, Chicken Bouillon, Tomato Bouillon, and the like, are made like beef bouillon by boiling the name-substance with water and seasonings and varying kinds and proportions of vegetables, always keeping the flavor of the chief ingredient the predominating one. The prolonged cooking is necessary only when meat is used; a vegetable bouillon does not need it.

How to Serve Bouillon

Bouillon is usually, though not necessarily, cleared before serving. (See To Clarify Stock, page 13.) It may be served as a dinner soup and in ordinary soup plates, or for luncheon in bouillon cups. There is no specific rule. Extra seasonings are always needed; those mentioned are in the proportion for the use of bouillon as stock or foundation for other soups.

A bouillon made in part of browned meat, when cleared and allowed to form a stiff jelly, then put through a potato ricer into bouillon cups, especially glass cups, where the granules of jelly catch the light

and sparkle, is an attractive and refreshing way to serve bouillon in summer.

Consommé, Stock and Soup

A consommé means a consummate or perfect achievement in soup. It used to be a twice-made soup. First, a beef bouillon was made, and then a new soup of veal and chicken or fowl was made on the basis of the beef bouillon, using this instead of water. Seasonings were added to taste, vegetables also, and sometimes both meats and vegetables were in part browned; but the great difference between bouillon and consommé was that in a bouillon the flavor of the chief ingredient should be easily recognized, while in a consommé no one flavor should predominate, but all should blend in a composite and consummate flavor to which each contributed.

A lesser difference is that bones, in the proportion of one fourth the weight of the meat, are called for in consommé, but not, as a rule, in bouillon.

Instead of the twice-made soup, we now add chicken and veal to the soup pot at the same time that we add the beef, cook them together

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from the start, and the result (after it is clarified) is called *consommé*. The following is a standard recipe.

For four quarts of stock for *consommé* allow :

Four pounds of beef from the shank or shin, including bone

Four pounds of the leg of veal, lower part, including bone

Five pounds of chicken or fowl.

The meat should be cut into pieces the size of an egg, and the bones sawed into short lengths. One fourth of the beef, and one half of the veal should be browned by putting into the soup kettle with two or three ounces of fat, preferably beef marrow, and tossing the meat over the fire until it is golden brown. The rest of the beef and veal should then be added, with the bones, a quart of hot water poured over all, the kettle covered, and the whole gently simmered for an hour or until the water is reduced to one half or less; then the fowl is added, cut as for *fricassee*. Next, pour over four quarts of water, and after boiling has commenced add the following seasonings :

Two to four tablespoonfuls of fine chopped, lean, cooked ham

One half of one sweet pepper, shredded

or there may be substituted

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Four teaspoonfuls of salt

One teaspoonful of white pepper or three or four peppercorns

and the following herbs and vegetables at the discretion of the soup-maker, with or without any others she may wish to use :

One chopped carrot

One white onion, stuck with two or three whole cloves

One stalk of celery, chopped

One small sweet turnip

One clove of garlic, or two teaspoonfuls of chopped shallots

Two small bay leaves

One tablespoonful of parsley

One teaspoonful of mixed dried herbs

One or two apples, or one quince

and simmer slowly until the meat is in rags. Strain, add a few drops of tabasco or chili sauce, and a cupful of the juice from sifted tomato, squeezed through cheesecloth. Let the soup cool before placing in the refrigerator to jell, after first tasting it, and if one flavor is discerned more than another, adding something to counteract it.

TO CLARIFY STOCK, BOUILLON OR CONSOMMÉ

Three methods are used to clarify either bouillon or consommé. First, careful skimming off of the

scum that arises while the stock is simmering. If this is allowed to be broken into brown flakes and distributed through the liquid, it will have to be strained many times through Canton flannel. Second, clearing may be done by using the white of one egg, unbeaten, to each quart of the soup, after this has cooled and jellied. Every trace of fat is first removed from the surface, then the egg whites are mixed with the jelly until they are thoroughly incorporated, and the whole is heated very slowly, stirring gently once in a while, until the albumen begins to coagulate. Let boil five minutes, let stand for ten minutes, then strain through wet cheesecloth. If the stock has not jellied, decant the clear part on the top, and mix the egg whites with the part where the sediment has settled, then bring slowly to a boil and proceed as already described. The third method of clearing is by the use of raw, lean beef, very finely chopped, together with white of egg. One pound of lean minced beef and the whites of three eggs to four quarts of stock is the proportion called for by a famous chef, but in the home in actual practice one half pound of beef and two egg whites have proved sufficient. The beef is first beaten into the jellied soup; next, the whites of

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eggs, and the directions for the use of egg whites alone are then followed.¹

VARIETIES OF CONSOMMÉ

The clarified stock, with the addition of extra seasonings or garnishes, or both, is now ready to be reheated and served as soup. Sometimes — especially when tomato juice has not been used in making the stock — the juice of one lemon is added for every three pints of the soup as ready to serve, or thin slices of lemon are used for garnish.

The number of soups made from a clarified consommé is hardly to be estimated, and new ones appear almost every week. The following list shows how easy it is to make a new soup from an old stock.

Consommé à la Royal is a plain consommé garnished with royal custard. (See page 146.)

Consommé à l'Indienne has curry powder added, one teaspoonful to a quart of the soup, or in larger or smaller proportion as you please.

Consommé à la Christophe Colomb is reddened with beet juice, berry juice, or artificial coloring.

¹The removal of the brown flakes which is the result of clearing or clarifying involves the loss of more or less nutriment, for these flakes are coagulated meat albumen.

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Consommé à l'Ecossaise has cooked breast of mutton, cut in dice, with large white beans and barley added, by way of garnish to the clear soup.

These are only instances from the endless lists of consommés, named from the locality, or the hotel; from some holiday or anniversary; called after a popular singer, actor, painter, poet, orator, or statesman; or from a vegetable or other garnish, or named from the cook who thought of something new to put in the soup kettle.

Consommé of Game

In making this, equal parts of venison or moose meat, and hare or rabbit are substituted for the beef and veal of ordinary consommé, and game birds such as partridge or pheasant are used instead of chicken or fowl. Extra herbs are added to the seasoning, also more mushrooms, and if onion is added it is first chopped and well browned. Tamarinds may be substituted for quince or other preserves, and pounded sorrel for lemon juice.

White Stock

This is made of equal parts of veal and poultry, with light-colored vegetables only, such as celery and

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onion, etc., seasonings that will not color the soup, and none of the meat is browned. Varieties of White Stock are: Veal Stock, made wholly of veal and bones; and Chicken Stock made all of chicken.

Brown Stock

A bouillon may serve as a brown stock, especially if some of the beef has been browned. Any kind of meat, if in part well browned, makes a brown stock; and where vegetables are used, if these too are in part browned, the color will be deepened.

Meat Stocks Made Easy

The long, slow process of making stock from meat and then clarifying the same may all be avoided by the use of bouillon cubes or meat extract, which furnish a clear, brown or amber, meat-flavored liquid by the mere addition of hot water. But the flavor is not the same as that resulting from the long patience of stock-making. However, both meat extracts and bouillon cubes are excellent substitutes for stock when a great variety of other ingredients is used in the soup, or when their flavor is disguised by

the addition of celery, tomato, onion, or other vegetables of pronounced flavor.

Fish Stock

Fish stock is used as the basis for soups made of shellfish, or for vegetable soups for fast days (*maigre* soups). Or it is very effectively used, with extra thickening, for purées of any kind of fish. The following is an excellent recipe for fish stock.

Melt in a soup kettle six tablespoonfuls of butter or fat from breakfast bacon, add one half pound of chopped white onions, and cook until onions are soft. If the onion flavor is disliked, continue the cooking until onions are browned all through ; to this end they should be chopped very fine. Other vegetables may be added as for consommé, but not so great a variety or in so large quantities, or the flavor of the fish will be overcome. Next add four pounds of cut-up fish, or the heads and bones of fish will serve very well. Fat fish like eel, mackerel, salmon, herring, and strong-tasting fish like cod are best not used ; but haddock, flounder, or other delicate white fish are very good. With the fish add a small bunch of

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parsley and one lemon cut in slices. Shake the pot over the fire for a few minutes or until the fish begins to brown, then add one cupful of water and one of white grape juice and cook, uncovered, until liquid is reduced one half. Pour into the pot four quarts of cold water or of court bouillon (page 20), and cook for not more than twenty minutes after the water boils. Long cooking, which develops the flavor of meat stock, spoils the more delicate flavor of fish stock.

Fish stock may be clarified by white of egg, or by careful skimming.

Vegetable Stock

A stock made of vegetables alone is sometimes used to serve as foundation for a soup *maigre* or meatless soup; sometimes it is used with meat or fish. Three or four different kinds of vegetables of decided flavor are used, and the proportion is a pound of the vegetables, mixed, to a quart of water, with other seasonings in abundance. An example of vegetable stock is the following :

One pound of carrots	} all chopped and cooked in three quarts of water until very soft
One pound of tomatoes	
One pound of celery	

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Two good-sized onions, grated and cooked until well browned in a cupful of olive oil or in any well-flavored fat with a high melting point, are added to the kettle, with seasoning of bay leaf, salt, and pepper, celery or mustard seed, a spoonful of mixed dried herbs, one or two tablespoonfuls of tomato catsup, perhaps half a cupful of currant or apple jelly; a cupful of sliced okra pods are put into the kettle after the first ingredients are soft, and cooked for half an hour longer. The stock is then strained and the liquid cooled and stored to use as a foundation; or it may be used at once for a *maigre* soup if thickened with flour in the proportion of one fourth to one half cupful to every quart of stock.

Court Bouillon

A court bouillon is an acid-flavored stock made from vegetables and sometimes fish bones, and it is very highly seasoned. Its chief use is as a medium for the boiling of fish, to enhance its flavor. It may be used again and again if kept in a cool place, since its flavor improves with use, and it does not readily spoil, but if used as a basis for soup it should be mixed with water, half-and-half, or only half a cup-

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ful of vinegar should be used in the making. A standard recipe follows.

Chop two heads of celery, three or four medium-sized carrots, one fourth of one sweet green pepper, one parsnip, and a few sprigs of parsley, with, if you like, one or two tomatoes, and cook in one fourth cupful of fat until they just begin to turn brown. Add one onion stuck with four cloves, one cupful of vinegar, two quarts of water, and seasoning of salt to taste, and let the whole boil for half an hour after boiling has begun. Strain before using.

Fish bones and trimmings may be added to the kettle if convenient, and the court bouillon then becomes another variety of fish stock. Also, after it has been used once or oftener for boiling fish, it becomes a fish stock, and may be used for soup or sauce.

Thickenings for Soup

To thicken a soup is often a matter of choice, and may or may not be done at the will of the maker. But quite as often it is essential to the success of the soup. All cream soups need thickening; so do purées where the chief ingredient does not thicken, as in Salmon Purée (p. 117), Cauliflower and Tomato

Purée (p. 80), and others. In general, thickening is called for whenever the soup holds small particles of ingredients which should be held in suspension or partial suspension, rather than being allowed to form a precipitate in the bottom of the tureen. Asparagus Soup (p. 79) and Maigre Soup (p. 94) are examples of the benefits of thickening, — though this is a matter of taste. Also a matter of taste is the slight thickening of a clear soup — especially of a fruit soup — where its “body” gives a smoothness and substance that are agreeable to the palate.

Flour and cornstarch are the usual thickening agents where the dull or cloudy appearance or slight opacity they give to the soup is not objectionable. This cloudiness or grayness is not perceptible in soups made either wholly or in part on a milk foundation; and as a rule where there is a great deal of meat, fish, vegetables, or unclarified stock in the soup, it will stand looking cloudy.

A less well-known thickening is the finely ground oatmeal grits. This adds to the soup a nutty and delicious flavor, and if you once form the habit of using it you will foster it as one of those habits

which tend to the greatest good to the greatest number for the greatest length of time.

Thickenings for Ordinary Soups

For a quart of soup, the following substances and amounts produce a slight but perceptible thickening. Some persons use only one half the given quantity.

Flour	4 tablespoonfuls
Grits	4 tablespoonfuls
Cornstarch	3 tablespoonfuls

Thickenings for Clear Soups

The easiest to use is arrowroot. It makes a clear, transparent thickening, — colorless, odorless, tasteless. The genuine Bermuda arrowroot has to be used, and its cost is a difficulty. Therefore the minute tapioca, first soaked in water and then cooked either in the soup or in a double boiler until dissolved, may be successfully substituted for arrowroot, at the cost of more work and less money. Sago, similarly treated, may be used instead of tapioca; and there is now on the market a flaked tapioca which requires

no previous soaking, dissolves quickly, and can be added directly to the soup kettle. The following are the common proportions for one quart of soup.

Arrowroot	2 tablespoonfuls
Tapioca, minute or flaked	4 tablespoonfuls
Sago	4 tablespoonfuls

As with the other thickenings, some persons prefer to use one half the given quantities.

Names Applied to Soups

Cream Soups. These are usually made of milk, thickened with flour and enriched with butter. A tablespoonful of each to a cupful of milk is the usual proportion, and chopped or sifted meats or vegetables, or whole or chopped oysters, cubes of meat or poultry, cut-up vegetables or fish, fruits, flavorings, and seasonings are added pretty much as one pleases. Real cream is sometimes used, either wholly or in part, or whipped for a garnish.

Veloutés (Velvet soups). When cream is substituted for milk, the so-called Cream Soup is promoted to the rank of *Velouté*.

Purées. A *purée* is a very thick soup — as thick as a cake batter — and its strict definition de-

mands that the thickening agent shall be its chief ingredient. The true purée is therefore made of starchy vegetables such as potatoes, beans, peas, and lentils; or of grains such as rice or corn, on the basis of milk or cream, or rich stock. But our present-day purées are made of anything one likes — meat, poultry, fish, green or succulent vegetables, fruits — whether these thicken or not, and thickening of any preferred starchy ingredient is used to give the proper consistency, the only requirement being that the name-ingredient shall be used in such quantity as to disguise the presence of the foundation of thickened liquid.

Purées are usually very rich and nutritious, and are served in small portions — not more than three fourths of a standard cupful — and in bouillon cups.

Bisques. A bisque is properly a soup of pounded or sifted shellfish, the kind that give a reddish tint, such as lobster, shrimps, etc. The red color is enhanced by the addition of the pounded coral of the lobster, and the basis of the soup is a thickened liquid something between the purée and the cream soup in consistency.

A thick soup made of sifted tomato pulp is properly called a Mock Bisque. Oysters and clams, first

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cooked and chopped or pressed through a colander, then added to a thickened foundation, the whole slightly tinted with red, make a so-called bisque. The large field mushrooms, chopped or sifted and added to a thick foundation, are served under the name Mushroom Bisque.

MEAT SOUPS

Venison Soup

Cut into pieces the size of an egg four pounds of venison; put three-fourths of the pieces in a soup kettle, and add two quarts of cold water. Let all stand for half an hour. Meantime cook the remaining pound of cut-up pieces on a very hot pan with one half pound of lean bacon until both are well browned. Add to soup kettle, bring to a boil, then simmer for three hours. Add one cupful of melted wild grape jelly, and season with a very little cayenne, a few drops of tabasco, and a tablespoonful of Worcestershire or tomato catsup if either is desired. This soup may or may not be thickened a little. Eight servings.

ACCOMPANIMENTS. Toasted crackers with grated cheese are especially good.

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GARNISHES. Cubes of celery, chopped green celery tops, or finely ground pecan nuts, sprinkled over it the last thing, are appropriate garnishes.

English Midland Soup

Put through the food chopper one pound of beef from the shank, and one pound of each of the following vegetables: Carrots, beets, onions, green peas, lettuce or Swiss chard, and tomatoes. Mix all well, put into a large size bean pot, sprinkle lightly with salt and pepper, and cover the pot as tightly as possible by tying parchment paper over the top. Place in a moderate oven for at least two hours — three are better — or the pot may be heated through in the oven and cooked in the fireless overnight. When done, strain the contents through a colander, pressing the meat and vegetables to extract the juices, but not sifting them through. A piece of coarse net or cheesecloth may be placed in the bottom of the colander before the contents of the pot are turned into it. Next pour, one at a time, two or three cupfuls of water over the residue left in the colander, stirring it up and pressing again to extract all possible juices. Add seasoning of extra salt

and pepper, and reheat before serving. There should be six servings if the directions are followed exactly.

ACCOMPANIMENTS. Fruited crackers are particularly good with this and most meat soups. Other accompaniments may be used at pleasure.

GARNISHES. Steamed prunes, stoned and stuffed with cheese or nuts, are the old-time garnish for this soup. Grated cheese may be passed with it.

Chicken and Spinach Soup

Wash and pick over two pounds of fresh spinach, and cook in a large saucepan in one half cupful of butter for ten minutes, or until tender, keeping the spinach tossed about with a spoon. When tender, dredge over the whole with one half cupful of flour mixed with two teaspoonfuls of salt and one of white pepper. Care should be taken that the spinach is not overcooked, or the flavor will be lost, but it should be soft enough to press the whole through a colander after the flour has thickened the mixture. Return the sifted spinach to the saucepan with three pints of good chicken stock and stir until the whole boils. Six to eight servings.

THE SOUP COURSE AND THE SOUP

ACCOMPANIMENTS. Triscuit or any hard, crisp, whole-wheat crackers are the best, but no ordinary accompaniment is excluded.

GARNISHES. Chicken forcemeat balls or quenelles are the best, otherwise cubes of cooked chicken.

VARIATIONS OF CHICKEN AND SPINACH SOUP

Chicken and Lettuce Soup

Large, dark green leaves of lettuce may be used instead of spinach. The same method is followed, except that the lettuce may need longer cooking.

Chicken and Olive Soup

Instead of spinach, use two or three dozen large ripe or pickled olives, first stoned, then cut in slices across. Cook by simmering for fifteen minutes in one cupful of water acidulated with a tablespoonful of lemon juice or vinegar. Then add as before three pints of chicken stock, which has been cleared, season with salt and celery seed, and thicken with one and one half tablespoonfuls of arrowroot. Serve with toasted saltines, and garnish with whipped cream.

Sweetbread Soup

Parboil a pair of sweetbreads and press through a colander with two Spanish onions, previously peeled, quartered, and boiled until soft. Soften one fourth cupful of butter, blend with it six tablespoonfuls of flour, two teaspoonfuls of salt, one half teaspoonful of pepper, and one teaspoonful of mixed herbs. Add gradually six cupfuls of veal or chicken stock, and stir until thick. Add the sweetbreads and onions, and let boil up once before serving. Six to eight portions.

ACCOMPANIMENTS. Bread sticks, or pulled bread, or thin pilot crackers.

GARNISHES. Cucumber rings, either pickled or fried. Other garnishes at will.

CHAPTER TWO

FRUIT SOUPS

THE fruit soup deserves to be better known, oftener used, and more highly esteemed than it is. Its wholesomeness is unquestioned; it is a delightful change from the daily round and common lot of dinner soups; and when made with meat stock (as many of them are) it enables the hostess to serve a two-in-one course at the beginning of the meal, being in itself a combination of the fruit cocktail or salpicon and the clear soup.

Hot or Cold Service of Fruit Soups

Any fruit soup may be served either hot or cold. As a rule they are better relished cold in summer and hot in winter, but some of them are at their best when cold, and some when hot. Which is the more excellent way for each particular soup will be mentioned in the recipe.

Use of Sugar in Fruit Soups

Nearly every fruit soup calls for the addition of sugar, but the amount of sugar to be added calls for fine discrimination in the fruit soup-maker. Unfortunately, no exact rules can be given, for fruits — even of the same kind — vary greatly in sweetness. The best working rule is to keep adding sugar *so long as the soup does not taste of it*. Up to this point, the more sugar added, the more will the natural flavor of the fruit be enhanced, and moreover, sugar in the right amount gives a certain quality to the soup not to be obtained by any other means, — a quality that the words smoothness, mellowness, or *finish* only inadequately express. Yet, a slight excess of sugar spoils the soup, so that in careless hands it were often safer to use none, or to give up the thought of the fruit soup, and make some other kind.

Sometimes the recipe prescribes a definite amount of sugar, but this should be taken for what it is worth, — that is, the quantity found right for the fruit at the time the soup was made. Private judgment is needed every time in the use of sugar.

FRUIT SOUPS

Orange Soup

Measure three cupfuls of boiling water, add one fourth teaspoonful of salt, and place in a porcelain or agateware saucepan over the fire. Blend three tablespoonfuls of pure Bermuda arrowroot with one fourth cupful of cold water, stir this into the boiling water until the whole is thickened, add two tablespoonfuls of sugar, then remove from fire and allow to cool a little while you prepare three cupfuls of orange juice by squeezing nine or more oranges in a lemon squeezer. Add this to the thickened and sweetened water, then add the juice of one lemon, taste to see if the sweetening is enough, then set away to chill before serving. Since the flavor of all the citrus fruits is more or less altered by heating, soups made from them should have the juice added to the prepared base, which in this case was the thickened water. Six or more servings.

Some persons like a bit of stick cinnamon cooked in the water, and removed before the orange juice is added.

ACCOMPANIMENTS. Unsweetened whole-wheat crackers or triscuit go particularly well with Orange Soup. Plain hard crackers are a good substitute.

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GARNISHES. Cubes of orange pulp; or of red jelly; or exceedingly thin slices of lemon; or fine shreds of green lettuce added immediately before serving, all make appropriate garnishes. Yellow rose petals have been used, also yellow nasturtium blossoms, but the last, though edible, are better employed in decorating the cover, or placed on the plate where the soup plate is to rest.

SERVICE. Glass plates or bouillon cups, or yellow ware for a yellow luncheon, are all suitable for the service of Orange Soup. So is almost any kind of pretty china.

VARIATIONS OF ORANGE SOUP

Orange and Pineapple Soup

Omit one cupful of the orange juice and substitute one cupful of fresh pineapple juice. Cook the juice before adding it to the orange; or when mixed with thickened foundation it may act on the starch, reducing its thickening property.

Orange and Strawberry Soup

Substitute one cupful of strawberry juice for one cupful of the orange juice, and proceed exactly as for Orange Soup.

Blood Orange Soup

Use blood oranges instead of the ordinary kind, and enhance the color of the juice, if this is desired, by adding a little cranberry, red currant, or other fruit juice or syrup.

Other Variations. Melted sweet jelly of pretty tint, such as apple or currant, may be used as sweetening or part sweetening for Orange Soup, and will serve slightly to color it, when this is desirable, to accord with the scheme of decoration. Also, three or four tablespoonfuls of the juice from canned pears or other canned fruit makes a pleasing variety of flavor.

Green Apple Soup

Chop ten sour green apples without coring or paring, and cook in two quarts of water until pulpy. Strain, return liquid to kettle, and thicken with four tablespoonfuls of arrowroot blended with a little cold water, and stirred in the soup until it boils. Add a dash of white pepper and two (or more) tablespoonfuls of sugar. Eight servings.

ACCOMPANIMENTS. Unsweetened Graham or whole-wheat crackers are especially good with this

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soup. Saltines, sprinkled with a mild cheese, grated, and set in oven until cheese is melted, are also a good accompaniment.

GARNISHES. Small apple balls, cut with a vegetable scoop and fried in deep fat; or seeded raisins first plumped in the steamer, the oven, or on a hot pan; or cubes of tender celery will all be relished as garnishes.

A little spinach juice or green coloring matter, to emphasize the green tint without exaggerating it, is often used and serves to make the dish attractive.

Green lettuce leaves, cut into small rounds with a vegetable cutter, and scattered over the surface of the soup like confetti are also pretty.

SERVICE. Serve in glass if the green color is sufficiently distinct.

VARIATIONS OF GREEN APPLE SOUP

Apple and Chicken Soup

Substitute chicken stock for the water, either wholly or in part. A little celery seed may be used for extra seasoning in this case.

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Apple and Veal Soup

Use veal stock instead of water, and add to soup when finished from one to three tablespoonfuls of vinegar drained from horseradish. Extra sugar will probably be needed.

Other Variations. Strawberry or other fruit juice enough to flavor but not to obscure the taste of the apples may also be used with good results by the soup-maker of inventive mind.

Pineapple Soup

Select a large, very ripe pineapple. Wash and cut it into quarters. Core, pare, and slice the quarters, put the slices into a soup tureen and pour over them three fourths cupful of honey. Let stand while the pineapple core and parings are chopped and boiled for an hour in three pints of water. Strain, add one cupful of sugar, and pour over the sliced pineapple in the tureen. Cool, add the juice of one lemon, and place a large cube of ice in the soup before bringing it to the table. Serve a slice of the pineapple with each helping of the soup. Six or more servings.

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Or if preferred, the slices may be chopped or grated before going into the tureen, and afterwards strained out, serving the liquid alone.

This soup is distinctively a sweet soup, and though very refreshing when served as a soup, especially in warm weather, is equally appropriate for a simple fruit punch.

ACCOMPANIMENTS. Toast strips, hard Bent crackers, or very crusty slender bread sticks are good accompaniments. Croûtons, which serve for both accompaniment and garnish, are good to pass with the soup.

GARNISHES. In spite of its decided sweetness the most delicious garnish for this soup is steamed quenelles of chicken forcemeat. (See page 153.) Other garnishes may be chosen as desired from the chapter on Garnishes.

VARIATIONS OF PINEAPPLE SOUP

Chicken and Pineapple, also **Veal and Pineapple Soup**, may be made by omitting the sugar and mixing the cold stock with the water in which the core and parings of the pineapple have been cooked, then adding to the sliced fruit in the tureen.

Cream of Raisin Soup

Put through the food chopper one cupful of seeded raisins, and cook in a quart of well-seasoned meat stock of any kind for twenty minutes, simmering slowly. Blend six tablespoonfuls of flour with four tablespoonfuls of softened butter and add to the hot stock. Beat the yolk of one egg, or use an entire egg if convenient, mix with one fourth teaspoonful of white pepper, stir into a pint of thin cream, add to soup and keep stirring until the whole is hot, but do not allow to boil. Use further seasoning if required. Six good servings.

This soup is nutritious and appetizing, and furnishes a luncheon in itself if served with one of the more substantial accompaniments.

ACCOMPANIMENTS. When this soup is made the luncheon on a busy day, the meal may be completed by lettuce and cheese sandwiches served as an accompaniment. Or sandwiches of hard-cooked egg, minced meat, or nuts will equally well balance and complete the meal. Otherwise, the usual accompaniments of crackers, bread sticks, etc., may be served.

GARNISHES. The left-over white of the egg may be stiffly beaten, flavored with a little lemon

juice, and either piped through a pastry tube over the soup or put in dots here and there. Maraschino cherries may or may not be set in the center of each dot.

Or a little Parmesan cheese may be sprinkled over the surface; and bits of candied carrots or sweet potatoes are very good garnishes.

Prune-and-Barley Soup

Cook one half pound of pearl barley in a quart of water until tender, either in the fireless cooker or over a slow fire for three or four hours. Soak one pound of prunes overnight, cook in a pint of water until tender, remove stones, and press through a colander. Drain the water from the barley, add to it the prunes together with one half cupful of sugar, the grated yellow rind of one half lemon, and a stick of cinnamon broken into one inch pieces. Let the whole boil for a few minutes, then strain into a tureen, and add the juice of one lemon. Serve hot. Six servings.

ACCOMPANIMENTS. Toasted strips of bran bread are particularly good. Any of the usual accompaniments may be used.

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GARNISHES. Apples, cored, pared, cut in eighths, and fried until brown, are the most desirable kind of garnish for this soup. Cooked carrots or parsnips, sliced, and cut into fancy shapes with a vegetable cutter, are also good; so is a chiffonade of green lettuce. See page 143 for instructions regarding chiffonades.

VARIATIONS OF PRUNE-AND-BARLEY SOUP

Prune Purée

Cook one pound of prunes after soaking overnight, remove stones, and sift. Thicken three cupfuls of rich consommé with three tablespoonfuls of arrowroot (or six tablespoonfuls of flour rubbed together with four tablespoonfuls of butter), add the sifted prunes, and season by cooking in the mixture for a few minutes a spoonful of mixed dried herbs tied in cheesecloth. A little cayenne improves this soup, or a few drops of tabasco sauce. A beaten egg may be added the last thing if desired.

Prune Soup, a Scotch Recipe

Cut into thin strips about two inches long, one and one half pounds of lean veal. Put three ounces of

breakfast bacon through the food chopper, with one large onion. Add these to a soup kettle in which three ounces of butter, two tablespoonfuls of sugar, and one teaspoonful each of salt and pepper have been heated. Cook, stirring once in a while, until the veal is well browned on both sides. Now add three pints of water and two dozen prunes, previously stoned, cover the kettle, and simmer slowly for an hour. Strain, rub through as much as possible of the prune pulp, return to kettle, thicken with three tablespoonfuls of flour rubbed smooth with a little water, add more salt if necessary, stir until the whole boils, and pour into a tureen. It may be garnished with whipped cream.

In the Prune-and-Barley Soup meat stock may be used instead of water in cooking either the barley or the prunes, or both.

In both the Prune-and-Barley Soup and the Prune Purée apple pulp may be added to replace part of the prunes, or part of the stock. Use one cupful of apple pulp in substitution for one half cupful of prunes; or similarly, in substitution for one half cupful of stock.

Iced Cherry Soup

Put over the fire in a porcelain soup kettle one quart of ripe cherries, red or black, with one cupful of water, a half of one lemon, sliced thin, and one or two sticks of cinnamon, broken into little pieces and tied in cheesecloth. Let all cook together for fifteen minutes after boiling has begun. Strain, remove cinnamon, and press the cherry pulp through a colander. Return to the kettle with enough water to make one quart. Add one fourth cupful of sugar, or more if this amount fails to take off the "edge." Thicken with two tablespoonfuls of arrowroot rubbed to a paste with a little water. Remove from fire, cool, and add the juice of one large lemon. Additional sugar may be needed after the addition of the lemon. Let the soup stand until next day in the refrigerator, or chill thoroughly before using. Six small servings.

ACCOMPANIMENTS. The Iced Cherry Soup may be accompanied with whole-wheat or Graham crackers, unsweetened, or with any other kind desired. The hot soups that follow are best with toasted oyster crackers, or toasted thin pilot crackers.

GARNISHES. The Iced Cherry Soup is prettily

garnished with bits of bright jelly. Quenelles, Force meat Balls, Chiffonade, or Cheese and Egg Balls go very well with the hot Cherry Bouillons; so do ripe olives stuffed with cheese, or plumped stoned raisins stuffed with cheese. Many other garnishes are of course admissible. See page 129, and following for recipes for the garnishes named.

SERVICE. Iced Cherry Soup is most effectively served in glass bouillon cups, one third filled with shaved ice. The hot soups may be served in glass soup plates or bouillon cups, or in any kind of ware which will enhance the color.

VARIATIONS OF CHERRY SOUP

Hot Cherry Bouillon

Instead of water, use one quart of clear white stock, made from either veal or chicken; or a clear consommé may be used. Add this instead of water to the cherry pulp, and season with salt and white pepper. Thicken as before with arrowroot, but omit the addition of the lemon. The bouillon may be served either hot or cold.

Sour Cherry Soup

A pint of the dried sour cherries, or three cupfuls of the fresh, may be used instead of the sweet cherries of the other recipes. Cook until soft, remove the stones, crack them, take out the kernels, tie in cheesecloth, and bruise with a mallet or hammer. Cook these in one quart of either stock or water until the flavor is perceptible, then add the cherry pulp, thicken, and proceed as in Iced Cherry Soup, omitting the lemon. Serve either hot or cold.

Cherry Strawberry Soup

Sift one quart of sweet, ripe cherries, crack half the stones, bruise the kernels, and add to cherry pulp. Mix these with one quart of sifted strawberries, and let stand for an hour. Squeeze the juice from the mixture, add half a cupful of sugar, two teaspoonfuls of white pepper, and one quart of very rich clear stock. Boil together and serve either hot or cold.

Apricot, or Prima Donna, Soup

This soup is sometimes called "Prima Donna" because it is supposed that apricots have the property of clearing and strengthening the singing voice. To make it, heat three pints of well-seasoned chicken stock, and thicken by blending three tablespoonfuls of arrowroot with a little of the stock while it is barely warm, and adding to the kettle after boiling has commenced, keeping the whole stirred until thick. Have ready enough fresh apricots, stoned, pared, and sifted, to make two cupfuls of the pulp. Add to the hot stock with one half teaspoonful of white pepper, and salt and sugar to taste. Let the whole boil, and serve very hot. One cupful of cream is sometimes added to the soup kettle the last thing, and allowed to get hot, but not to boil, before serving. Eight servings.

ACCOMPANIMENTS. Any plain crackers, toast strips, or bread sticks go well with this and the Apricot Purée. Since the Prima Donna Soup very nearly constitutes a meal in itself, what lacks is frequently made up by the use of cheese in the form of sandwiches or spread on the soup crackers. In

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this case the cheese should be of mild flavor, so that the taste of the apricots may dominate.

GARNISHES. The conventional garnish for this soup is Royal Custard. See page 146. The Apricot Purée needs no garnish, but grated pecan nuts are sometimes scattered over the top.

VARIATIONS OF PRIMA DONNA SOUP

Apricot Purée

This may be made by following the directions for Prune Purée on page 41, using fresh apricots, or dried if first soaked overnight like the prunes. Neither cayenne, dried herbs, nor tabasco go well with the apricots, which should preferably be seasoned with cinnamon, nutmeg, mace, or other spices, though a little white pepper is admissible.

Black Plum Soup

Cut up into three pints of water — or better, light chicken or other stock — two dozen ripe black plums. Add the grated yellow rind of one lemon, a few blades of mace, three tablespoonfuls of sugar,

three fourths teaspoonful of salt, one fourth teaspoonful of white pepper, and one bay leaf. Bring slowly to a boil, and let simmer for thirty minutes. Strain, add the juice of the lemon, and serve hot. This soup is much improved, in the opinion of most persons, by a thickening of oatmeal grits or patent groats. Use four to six tablespoonfuls, rubbed smooth with a little water, to the given quantities of fruit, and water or stock in the recipe. Additional salt may have to be used unless the stock is well salted. Six servings.

ACCOMPANIMENTS. Oatmeal crackers, where a thickening of grits is used, are particularly good. But any of the usual accompaniments may be used.

GARNISHES. The best garnish is made of either Cheese Balls or forcemeat Balls made from the chicken or other meat which was the basis of the stock. For recipes for these see Chapter Six.

Red Currant Soup

Press out the juice from a quart can of red currants, add two cupfuls of water or stock, the juice of one lemon, and a pinch of cayenne. Heat all together, thicken slightly with two tablespoonfuls of arrowroot

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blended smooth with a little water, stir until the mixture boils, and serve hot. Six small servings.

Red Raspberry Soup

Proceed as for Red Currant Soup. Either of these soups may be made from the fresh fruit; and both, whether made from fresh or canned fruit, may need the addition of a little more sugar. See page 32 for instructions as to the use of sugar in fruit soups. Raspberry soup is best served cold.

ACCOMPANIMENTS. Any kind of light, crisp cracker, toasted and hot from the oven when the soup is hot; or one of the slightly more substantial accompaniments, such as bread sticks or unsweetened zwieback, go well with both of these soups.

Grapefruit Soup

Squeeze the juice from enough grapefruit to make four cupfuls of the liquid; four small or two large grapefruit should furnish enough. Add this to one pint of boiling water thickened with two tablespoonfuls of arrowroot, and stir until well mixed.

Season with from two to four tablespoonfuls of sugar and a little cinnamon. Six servings.

ACCOMPANIMENTS. Slender, crisp bread sticks are the best. Others may be chosen at will.

GARNISHES. A toasted marshmallow to each serving is the best garnish.

VARIATIONS OF GRAPEFRUIT SOUP

Grapefruit and Checkerberry Soup

Dissolve in the soup a heaping tablespoonful of the small red checkerberries that are about the size of the real berries. This will tint the soup prettily, and give a pleasant flavor.

Banana Purée

Press through a colander eight ripe bananas, and mix with one cupful of juice from canned fruit or preserves, or fresh berries. Add the juice of one lemon, and stir the whole into a pint of water thickened with two or three tablespoonfuls of arrowroot. Leave over fire only long enough to mix, and cool before serving. Add sugar and grated nutmeg to taste.

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ACCOMPANIMENTS. Saltines go well with this soup.

GARNISHES. Cubes of mint jelly, or thin slices of lemon.

Tamarind Soup

Cook half of one small sweet green pepper, shredded very fine, in two tablespoonfuls of butter in a soup kettle until the butter is very slightly browned. Add one bay leaf, three pints of meat stock, two or more tablespoonfuls of sugar, and one cupful of sifted tamarind pulp. Let the whole come to a boil, then thicken slightly with one and one half tablespoonfuls of arrowroot. Add salt if this is needed; and many persons like the addition of the juice of a lemon just before serving. Six servings.

ACCOMPANIMENTS. A slightly sweetened cracker, such as the butter thin, is a good accompaniment to Tamarind Soup; so is rye bread cut into fingers and toasted. Other accompaniments may be used at will.

GARNISHES. When lemon juice is not used in making the soup, the best garnish is very thinly sliced lemon. Otherwise, cheese or forcemeat balls may be used, or quenelles; or profiteroles. (See Chapter Six.)

CHAPTER THREE

CEREAL SOUPS. NUT SOUPS

CEREAL SOUPS

CEREAL soups, made from the cereal grains in one form or another, and containing the good minerals and easily digested starches, are not only nutritious, but also good-tasting and novel. Left-over breakfast cereals can often be utilized in making them; they lend themselves to a great variety of flavoring; they are excellent soups for luncheon or for children's dinner; and any woman of an inventive turn of mind can, by combining the grain foundation with fruit juices, meat stock, nuts, cream or milk, oysters or clams, and different kinds of seasonings, serve soups at her house that will be odd, original, nutritious, and delicious.

All we say of the Cereal Soups we beg you to consider repeated, word for word, regarding the Nut Soups.

Oatmeal Soup

Measure three fourths cupful of rolled oats, or Scotch or Irish oatmeal, stir into three pints of cold water, and let stand overnight or until soup-making time next day. Then stir the mixture, strain through a wire or other strainer of mesh coarse enough merely to retain the grains of oatmeal and allow the starchy part to pass through. If, instead of rolled oats, the whole grain has been used, it should be crushed with a wooden pestle or potato masher before straining. The more completely the starch is freed from the husk in the straining process, the thicker, better flavored, and more nutritious will be the soup; therefore the liquid had better be strained twice or three times through the softened grains, each time with pressure of a spoon and stirring of the mass.

Mince one onion, add to two tablespoonfuls of butter in a soup kettle, and cook over a slow fire until the whole is delicately browned. The more completely the onion is browned, the less onion flavor will remain, and the more of another and quite different flavor will be developed. Add the strained liquid, with the following seasonings: One and one half teaspoonfuls of salt, three fourths teaspoonful

of white pepper, a small pinch of cayenne, and one and one half tablespoonfuls of sugar. Stir until the whole boils, add two tablespoonfuls of either tomato or mushroom catsup, or half a small can of tomato paste, or one cupful of sifted tomatoes, or of broiled and chopped fresh mushrooms. After the whole has come to a boil the soup is ready to serve. Six servings.

ACCOMPANIMENTS. Oatmeal crackers are the best, but any of the usual accompaniments are in order.

GARNISHES. One or two fat, steamed prunes, stones removed and nuts inserted, or cheese, or olives, or pieces of apple may be allowed for each serving. Slices of hard-cooked egg make a good garnish ; and very finely minced fresh parsley scattered over the surface may be used alone or with any other garnish.

Cubes of fruit, when the soup is made on a fruit-juice foundation, are especially appropriate.

SERVICE. A genuine simplicity, or at least an affectation of this virtue, is called for in serving such a homey dish as Oatmeal Soup, even in its more elaborate forms. Small basins such as are used for the morning oatmeal, or bowls of brown or blue earthenware, are very good. But of course no ordinary soup dish is debarred.

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VARIATIONS OF OATMEAL SOUP

Oatmeal Mutton Broth

Proceed exactly as for Oatmeal Soup, only use mutton broth, or the water in which lamb or mutton was boiled, freed from fat, instead of ordinary water in soaking the grain.

Oatmeal Milk Soup

Soak the grain in milk instead of water, and omit the tomato from the seasonings, substituting one or two bouillon cubes or a teaspoonful of meat extract to be cooked with the onion and butter.

Oatmeal and Tomato Soup

Soak the grain in half the quantity of water or stock, and after straining add an equal volume of sifted tomato pulp.

Oatmeal Fruit Soup

Substitute any desired fruit juice for water in soaking the oatmeal, and use salt, pepper, and sugar for seasonings, omitting all others. Extra sugar may

be needed. Oatmeal Apple Soup, or Prune, is particularly good.

Other Variations. Instead of tomato in any form in the seasoning, two or more tablespoonfuls of lemon juice may be used, or four times as much orange juice, and other variations thus be obtained.

One or two beaten eggs may be added to the kettle the last thing in any form of this soup, and stirred for a moment over the fire before serving. This addition improves the flavor, and makes a richer and more nutritious soup. Lemon is particularly good when eggs are used.

A spoonful of peanut butter or any of the nut pastes may be cooked with the onion and butter to add to the flavor of the soup.

Canned Corn Soup

In an agate kettle barely melt or soften four tablespoonfuls of butter, and add to this one teaspoonful each of beef extract and onion juice. Cook together for a minute or two, then stir in three tablespoonfuls of flour mixed with one and one half teaspoonfuls of salt and three fourths teaspoonful of pepper. Stir to a paste, add three cupfuls of milk, and stir

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until the whole boils. Have ready one quart can of corn, sifted through a colander. There should be about three cups of the sifted corn. Stir this into the kettle, and let the whole come to a boil. Six servings.

ACCOMPANIMENTS. Very crisp croûtons, reheated toasterettes, toasted saltines, thin pilot crackers, or similar accompaniments of starchy foods that have been toasted, accompany this soup very well. This, however, does not exclude any other accompaniment in ordinary use, or any the maker particularly fancies.

GARNISHES. A few capers, or shreds of red or green sweet pepper; prunes, toasted raisins, leaves of cress; egg and cheese balls, or other garnishes chosen from Chapter Six are all suitable.

SERVICE. Glass soup plates or cups are not favored, since these are best used with a clear soup of attractive tint, but aside from this single exception any mode of service is admissible.

VARIATIONS OF CANNED CORN SOUP

Corn Soup with Stock

Instead of milk use any good meat stock. Chicken stock is particularly good, or chicken and veal where

the veal has been browned on the outside before making the stock.

Green Corn Soup

This especially delicious soup is made by scoring fresh ears of sweet corn lengthwise, and with the back of a knife pressing out the milky pulp, or cutting off the kernels from the ears and pressing the pulp through a colander until there are three cupfuls. From eight to ten or more large ears of green corn will probably be needed. Proceed as for Canned Corn Soup, omitting the onion juice and meat extract, and adding four (or more) teaspoonfuls of sugar and one fourth teaspoonful of paprika.

Tomato and Corn Soup

Use one cupful of sifted tomato pulp, and two of either canned or fresh corn pulp. Substitute stock for milk, and otherwise proceed as for Canned Corn Soup. The meat extract may or may not be omitted.

Sago and Date Soup

Cook one half pound sago in two quarts of any light, well-seasoned stock until soft. Add one

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half pound of dates, weighed after stoning, and one lemon cut in slices, and let cook five or ten minutes longer. Strain the whole, and press the residue through a colander ; then return to the liquid and let the whole boil again. Beat two eggs with two tablespoonfuls of lemon juice, put into the tureen, and pour over them the hot soup, stirring all the while. Dust a little powdered cinnamon over the top. Eight servings.

ACCOMPANIMENTS. Pulled bread is the best. Other accompaniments at choice.

GARNISHES. Cubes of apple or other fruit jelly — guava jelly is delicious — or chopped green celery tops are both good garnishes. Almost any of the others listed in Chapter Six will serve, with the exception of the more starchy kinds.

VARIATION OF SAGO AND DATE SOUP

Rice or yellow Indian meal may be used instead of sago, so may pearl barley ; and raisins may be substituted for the dates.

Also, either the minute or the flaked tapioca may be used, and the soup tinted and flavored with checkerberry candies.

Indian Meal and Mushroom Soup

Cook one half cupful of Indian meal in five cupfuls of water, or meat, fish, or vegetable stock, or skimmed milk, until it is quite soft. The mixture has to be constantly stirred, to keep the meal from settling. Now put through the food chopper one onion, one carrot, a small bunch of parsley, a bay leaf, and the half of one small sweet pepper, seeds and white inside membrane removed. Cook these in two tablespoonfuls of butter on a hot pan, keeping the whole stirred until lightly browned. Stir in two tablespoonfuls of flour, and add to soup kettle. Add one ounce of dried mushrooms, cut into small pieces. Make up the liquid if it has boiled away, cover kettle, and let simmer for half an hour. Season to taste with salt, and strain before serving. Six servings.

ACCOMPANIMENTS. Raised corn-meal bread, cut in strips and toasted, is the most suitable; or corn-meal slappers spread with preserves and rolled may be used if the soup is meant to be the chief dish at the home luncheon table. Any other accompaniments are in order.

GARNISHES. Chopped parsley or other greens,

or roasted raisins, or a head of Brussels sprouts to each serving are the best.

VARIATIONS OF INDIAN MEAL AND MUSHROOM
SOUP

Barley grits or pearl barley may be used instead of Indian meal, and a clearer soup will result. Pearl barley needs long cooking to make it soluble, but after it has partly cooked over the fire it may be set in the fireless cooker to finish.

Mock Caudle Soup

Simmer an ounce of oatmeal grits, fine-ground corn meal, or sago or farina, in a quart of well-seasoned broth for half an hour, keeping the mixture stirred occasionally. Add a pint of sifted tomato pulp, let the whole boil, and pour over one or two well-beaten eggs in a tureen. Sprinkle with grated nutmeg or mace, and garnish with whipped cream. Six servings.

Cider may be substituted for the tomato, and a little sugar is an improvement, whether tomato or cider is used.

NUT SOUPS

Almond Cream Soup

Blanch one half pound of almond meats by placing in a wire basket or strainer and holding in boiling water until the skins are loosened from the kernels and can be rubbed off with fingers. Then throw into cold water and rub kernels between hands or remove skins with fingers. Dry the nuts and put through the nut grinder. Add to one pint of cold milk in saucepan, let heat slowly, and barely simmer for five minutes. Blend two tablespoonfuls of softened butter with two tablespoonfuls of flour, one half teaspoonful of salt, and one fourth teaspoonful of celery salt, add to milk and nuts, and stir until creamy. Add a cupful of rich chicken stock, let all come to a boil, then quickly stir in one cupful of whipped cream and serve at once, before cream begins to boil. Six small servings.

ACCOMPANIMENTS. Saltines, toasterettes, or crisp wafers of any kind, previously set into the oven until lightly browned, are very delicious with this soup.

GARNISHES. A light sprinkling of finely chopped pistachio nuts in the center of each portion is very

pretty. A little chopped celery or a few bits of angelica cut into fancy shapes also make a dainty garnish.

SERVICE. This rather aristocratic soup calls for dainty china, preferably in the form of bouillon cups. Shallow bowls of pale green are very attractive; so is white and gold, or cream-colored ware. These suggestions are all meant for what might be called the full-dress service of an especially dainty soup, and no one of them is essential to its relish in the everyday dish at the family meal.

VARIATIONS OF ALMOND CREAM SOUP

Almond Soup, Spanish Style

Instead of half a pound of almonds, this soup calls for one pound of sweet almonds and a dozen of the bitter kind. After blanching, both are ground very fine, or pounded to a paste in a mortar. When the last method is employed, the nuts should be kept from oiliness by keeping the mortar set in a pan of cracked ice, and by adding from time to time to the nuts during the pounding process a few drops of ice water. A smoother paste results from

pounding than from grinding, but it is more difficult to keep the nuts from oiling and spoiling. The paste is stirred into three pints of seasoned chicken stock, slightly thickened with six tablespoonfuls of flour, and flavored by the addition of a spoonful of powdered coriander seeds and the grated yellow rind of one lemon. Powdered cinnamon is sprinkled on the soup when in the tureen, and it is garnished with forcemeat balls or, in this country, with candied cranberries. This soup is excellent, though troublesome and rather expensive. Six servings.

Almond and Lettuce Soup

Substitute for the pint of milk in the original soup one quart of well-seasoned veal stock, and thicken with four tablespoonfuls of butter and four of flour. Chop one head of green lettuce, sauté in two tablespoonfuls of butter, one tablespoonful of sugar, and one tablespoonful of lemon juice or vinegar, and when tender, add to the soup kettle. Add one cupful of thin cream the last thing, let get hot, but do not allow to boil.

Almond and Apple Soup

Combine the blanched and chopped almonds with the Green Apple Soup made according to the recipe on page 35.

Other Variations. Chopped pecan nuts may be substituted for the almonds in any of the recipes given.

Milk, or even water, may be substituted for the cupful of chicken stock in the recipe for Almond Cream Soup.

The whipped cream in Almond Cream Soup may be used for a garnish instead of being added to the soup while over the fire.

Celery and Peanut Butter Soup

Put through the food chopper one good-sized head of celery and one leek, both white and green parts, or one half an onion, and add to six tablespoonfuls of butter melted in the bottom of a soup kettle. Keep stirring the vegetables and turning them over until the pieces are lightly browned. Mix six tablespoonfuls of flour with one and one half teaspoonfuls of salt, three fourths teaspoonful of pepper, and one

tablespoonful of sugar, and with this dredge the mixture in the soup kettle, then stir until the whole is blended. Add one quart of hot milk, stir until it boils, add one pint of stock, let boil again, strain, return to kettle, add from two to four ounces (according to taste) of peanut butter, mixed smooth with an equal quantity of water, and reheat the whole to boiling point before pouring into the tureen. Six to eight servings.

ACCOMPANIMENTS. Boston Brown Bread cut into thin slices, spread with butter and put together with lettuce leaves between, cut into strips, and placed six of these piled log-cabin fashion on a small plate to accompany each serving of the soup, will be found a novel, simple, and good-to-the-taste accompaniment. Fruited Educator crackers, hot from the oven, are also very good, and any other of the usual accompaniments is admissible.

GARNISHES. The chopped green tops of the celery are the most appropriate.

Marzipan White Soup

Heat one quart of clear, well-seasoned, jellied veal stock, and while over the fire heat in another sauce-

CEREAL SOUPS. NUT SOUPS

pan two cupfuls of thin cream with the grated yellow rind of one lemon. When the stock is hot, gradually pour in the cream and keep stirring gently. Have ready mixed three tablespoonfuls of flour, one teaspoonful of white pepper, one half teaspoonful of powdered mace, blend these with four tablespoonfuls of softened butter, add to the liquid in the soup kettle, and stir until the whole boils. Dip up a little of the mixture into a bowl and blend with it three ounces of marzipan. Return to soup kettle, taste the mixture and add salt if necessary, for dishes containing nuts in any form usually call for extra salt to bring out the full flavor of the nuts. Six servings.

CHAPTER FOUR

VEGETABLE SOUPS

VEGETABLE soups may be arranged in three classes :
(1) Those made on a foundation of milk or cream ;
(2) those made on a stock foundation ; and (3) the *maigre*, lean, or fast-day soups of the French.

Yet the lines between these three classes are by no means hard and fast. Milk and stock may be used in the same soup ; or one may be substituted for the other ; or the vegetable stock of the soup *maigre* may be used instead of either.

The discovery of vitamines, those marvelous factors in our well-being and health, should have greatly altered our sense of responsibility for the waste of vegetable substances. Water in which vegetables were boiled, and in which much of their vitamines were held in solution, has in the course of experiments been administered to pigeons that had been brought to the point of death from a diet of vitamine-free foods, and it has restored the birds to life and health. We leave you to judge for your-

VEGETABLE SOUPS

self of the sinfulness of the waste when such water is poured down the sink. Use it, ladies, if you please, in future as a basis for your vegetable soups.

CREAM SOUPS

Cream of Parsley Soup

Into a mixture of one pint each of cream and rich milk slice very thinly one half an onion, the thin yellow rind of one half lemon, one fourth of a small sweet red pepper, one bunch of parsley, and one teaspoonful of salt. Let cook slowly to boiling, then add one fourth cupful of flour rubbed smooth with one fourth cupful of butter, and stir over fire until smooth. Strain, add one pint of white stock, either chicken or veal, and set aside to cool. Six servings.

ACCOMPANIMENTS. Butter thin wafers are perhaps the best, or water crackers or saltines may be used by those who like them better. A plain, crisp cracker of any kind always goes especially well with a cream soup.

GARNISH. Only one garnish is correctly added to this soup, but this is essential to its success. It is Roasted Parsley. A supply of this is a good thing to have on hand, and it is easy to make. The

parsley, after washing, should be dried in a cloth, then placed in a wire basket, and hung over the kitchen range to roast. It is well that the fire should be pretty hot, and the parsley kept tossed and turned in the basket to expose it equally to the heat. It will shortly curl up and dry, and when thoroughly dried so that it will crumble between the fingers it may be stored in a jar and kept in a dry place. Prepared in this way the parsley will retain its color, and is better for tinting soups and sauces than the fresh.

Three fourths cupful of the dried and crumbled parsley is needed for the quantity of soup given, and it should be added after the soup is cold by stirring in a little at a time, until the tint is a delicate green.

SERVICE. This soup is at its best when served quite cold. Fill bouillon cups one fourth full with shaved ice, then pour in the soup until the cups are almost filled, and place at the covers.

Cucumber Cream Soup

Slice and boil, without paring, one and one half pounds of cucumbers in a pint of water until tender, then sift through a colander to free the pulp from

VEGETABLE SOUPS

seeds and hard skin. Boil down to one cupful the water in which the cucumbers were cooked; add to this a pint of veal or chicken stock, and thicken with four tablespoonfuls of flour rubbed smooth with three tablespoonfuls of butter, and seasoned with salt and pepper. Also, let boil in the mixture for a few minutes a tablespoonful of celery seed tied in a square of cheesecloth. Add the cucumber pulp to the thickened liquid, let boil, and stir in quickly one pint of cream. The soup should not boil after the cream is added, but should be allowed to get hot. Just before serving squeeze from a few spinach leaves tied in cheesecloth enough of the green juice to deepen the tint of the soup. Six servings.

ACCOMPANIMENTS. Crisp crackers of any kind, served hot after lightly browning in the oven.

GARNISHES. Watercress leaves, picked from the stem and put to float on top, make a pretty garnish. Almost any other may be substituted if desired.

Cream of Spinach Soup

Scald in a double boiler for ten or fifteen minutes one slice of onion and three of carrot in one cupful of milk. Add from one to two cupfuls of cooked

chopped spinach, and sift the whole through a colander. Have ready three cupfuls of thin white sauce, made by adding to three cupfuls of hot milk in a saucepan three tablespoonfuls of flour mixed with one teaspoonful of salt and one fourth teaspoonful of pepper, rubbed to a paste with two or three tablespoonfuls of butter. Add the sifted spinach, mix while heating, and before serving beat in one cupful of heavy whipped cream. Six servings.

ACCOMPANIMENTS. Crackers of almost any kind, especially if slightly salted.

GARNISHES. Hard-cooked yolks of egg put through a potato ricer over each portion on serving, or sliced hard-cooked eggs added to the tureen.

SERVICE. Bouillon cups are somewhat preferable to soup plates, both because the soup is rich and the serving may be smaller, also because the addition of the cream cools the soup, and too much extra heat will be lost from the larger surface exposed in the soup plate.

Crumb Cream Soup

Boil in three cupfuls of water for thirty minutes one carrot, one stalk of celery, and one parsnip, with

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or without one onion, all fine chopped. Strain out the vegetables, add to the water two teaspoonfuls of salt, one teaspoonful of white pepper, three fourths cupful of rolled and sifted crumbs, and two tablespoonfuls of flour blended with two tablespoonfuls of butter. Stir over the fire until the soup boils, add a teaspoonful of meat extract dissolved in a little hot water, finish by stirring in three cupfuls of light cream in which two eggs have been beaten, and continue to cook with careful stirring until the eggs are set. Six servings.

ACCOMPANIMENTS. The usual accompaniment of crackers, especially if freshly oven-crisped, is all right. So, with this soup, are the crackers known as Cheese Sandwich, or Cheese Tid Bits, or plain crackers spread with grated cheese.

GARNISHES. An excellent garnish is a mixture of large corn flakes scattered over the surface with, here and there, very thin slices of cucumber pickle.

Cream of Mushroom Soup

Stew a pint of fresh mushrooms in stock or water barely enough to cover for one hour, keeping them below simmering point and closely covered. Press

through a colander, and prepare the following: One fourth cupful of softened butter rubbed smooth with one fourth cupful of flour; two teaspoonfuls of salt, one fourth to one half teaspoonful of pepper, all blended to a smooth paste. Add this to a quart of milk, heated almost to boiling in a large saucepan over the fire, and stir until the whole boils and is smooth and slightly thick. Add the mushrooms, stir all together, and let boil up once. Six small servings.

ACCOMPANIMENTS. Plain crisped crackers are the best.

GARNISHES. Whip until very stiff one half pint of heavy cream, and pipe through a pastry tube and bag over the surface in circles. In the center of each circle place one fresh mushroom, broiled, or cooked in a little butter on a hot pan.

SERVICE. Bowls are particularly good, but bouillon cups or soup plates of small size are quite suitable.

Velouté d'Oignon

Cook one and one half cupfuls of thin-sliced onions in a covered porcelain saucepan with six tablespoonfuls of bacon fat for thirty minutes or until quite soft. Add three tablespoonfuls of flour and stir

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until it is smoothly blended with the onions and fat. Add one pint of thin cream and cook with careful stirring until the mixture boils. Sift the whole through a colander, add seasoning of salt and pepper to taste, with one or two well-beaten eggs. Stir until the whole is hot through, then quickly beat in a cupful of heavy cream which has been whipped stiff with one half teaspoonful of salt and one fourth teaspoonful of white pepper. Serve in bouillon cups. This soup is both rich and delicate; it is also very nutritious. Six small servings.

ACCOMPANIMENTS. Crisped salted crackers or wafers are the best.

GARNISHES. Very finely chopped green chives, or minced parsley, or delicate shreds of sweet green pepper may be used for garnish. So may hard-cooked egg yolks put through the ricer. Or a cube of apple jelly in the center of each cup will be found to go very well with the onion flavor.

VARIATIONS ON VELOUTÉ D'OGNON

Onion Cream Soup

Soften in a large saucepan four tablespoonfuls of butter, blend with it four tablespoonfuls of flour

mixed with one teaspoonful of salt and one fourth teaspoonful of pepper. Add a quart of hot milk and stir until the whole boils; then add a pint of onions previously steamed and chopped, together with the water or juice of the onions collected while steaming. Serve very hot. This soup is thought to be good for a cold, and it is known to be excellent for the skin and complexion. In the French convent schools its beautifying influence was so well recognized that we are told how girls who needed it were carefully dieted (for months before some occasion where they ought to look their best) on "a little meat, and little wine, and a great deal of onion soup." Try it, ladies. Make your luncheon on onion soup once or twice a week for a year, and note the difference in your nerves, in the cleansing of your system, and incidentally in your skin and complexion.

Apple and Onion Soup

Proceed as in Onion Cream Soup, using any kind of light meat stock instead of the milk, and substituting one cupful of apple sauce for one cupful of the onions in that recipe. Use a little paprika for extra seasoning, and garnish with fried apple balls.

Cream of Celery Soup

Cut into pieces two heads of celery and put on to cook in three cupfuls of water. Let the liquid come slowly to a boil and simmer until celery is tender. By this time the water should be reduced to a pint. Have ready three cupfuls of hot milk, thickened with six tablespoonfuls of flour and six tablespoonfuls of butter blended to a paste, and into this strain the water from the cooked celery. Stir the whole. Press through a colander as much as possible of the pulp from the celery stalks, add this to the milk and water, season with one teaspoonful of salt and two or three drops of tabasco, or drop into the mixture a cheesecloth bag containing a dozen peppercorns, and allow it to remain until the whole reaches a boil, then remove, and the soup will be ready to serve. Six small servings.

ACCOMPANIMENTS. Toast strips of unsweetened zwieback; bread sticks, or crackers.

GARNISHES. Chicken quenelles are the most delicious garnish for this soup. But capers, thin slices of lemon, or hard, grated cheese are all good.

Tomato Cream Soup

(Often Called Mock Bisque Soup)

Sift one pint can of tomatoes, and add this to a saucepan in which two tablespoonfuls of butter and four tablespoonfuls of flour have been blended to a smooth paste. Cook the whole until thick, stirring all the while. Season with two teaspoonfuls of salt, one teaspoonful of pepper, and one tablespoonful of sugar. Add gradually, or one third at a time, one quart of hot milk, and keep stirring until the whole boils. Vigorous and persevering stirring after the milk is added, no matter what alarming happenings take place in the saucepan, will result in a smooth and uncurdled soup. It may be best to add with the milk two more tablespoonfuls of flour blended with two tablespoonfuls of butter. Serve immediately. Six servings.

An old-fashioned way to make this soup was by the addition of a half teaspoonful of baking soda, to prevent the curdling of the milk by the tomato. This destroyed the true flavor of the tomato, it did not agree with every stomach, and it involved more or less destruction of vitamins which, we are

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told, do not thrive in an alkaline medium. Try this method of making a soup without curdling.

VEGETABLE SOUPS MADE ON A STOCK FOUNDATION

Asparagus Soup

Cut into one-inch pieces enough fresh green asparagus stalks to make three cupfuls, and cook in one quart of hot veal or chicken stock for twenty minutes. While cooking, put over the fire in a covered pan four tablespoonfuls of butter, one minced onion, and cook for ten minutes. Add one cupful of fine-chopped asparagus stalks and cook for a few (five) minutes longer, keeping the pan covered. Stir into the pan four tablespoonfuls of flour and turn the whole into the kettle containing the stock and asparagus. Boil five minutes, stirring until thick. Season with two teaspoonfuls of salt and one of pepper — or less — sift the whole through a colander, and heat again before serving. Six servings.

ACCOMPANIMENTS. Very thin crackers, spread with cottage cheese and pressed together sandwich fashion. Or water thins, spread with hard, grated cheese and placed in the oven until the cheese is melted. Other accompaniments at will.

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GARNISHES. Fried carrot balls are very good. Also Chicken Liver Balls. (See page 149.) Cubes of quince or other jelly, leaves of cress, etc.

SERVICE. This soup may be served in bouillon cups, three fourths filled.

VARIATIONS OF ASPARAGUS SOUP

A pint of vegetable stock may be added the last thing, and the soup thus thinned served in ordinary soup plates. Or milk, or a mixture of milk and cream may be added instead of the vegetable stock, or even water may be used.

One or two beaten eggs may be added before removing from fire, and the soup stirred until eggs are barely set.

Cauliflower and Tomato Purée

Cook one medium head of cauliflower, chop fine or press through a coarse colander, and mix with two cupfuls of sifted tomato and two cupfuls of light stock. The best stock for this soup is a pint of water in which the bones of roast turkey, broken in pieces, have been simmered for half an hour or

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more. Cook one tablespoonful of minced onion in three tablespoonfuls of fat until brown, stir in three tablespoonfuls of flour, one tablespoonful of sugar, two or more teaspoonfuls of salt, and one half teaspoonful of pepper. Add this to the mixture of vegetable pulp and stock, and stir until the whole boils. Six servings.

ACCOMPANIMENTS. Both fruited crackers or small triangles of Scotch shortbread go well with this soup. Other accompaniments at choice.

GARNISHES. Except for a scattering of finely chopped parsley, no garnish is called for, since this very thick soup hardly needs such an addition. A small spoonful of whipped cream, slightly salted before whipping, will make a good company decoration.

VARIATIONS OF CAULIFLOWER AND TOMATO PURÉE

Savory Purée of Cauliflower

Cook a head of cauliflower with two onions in a quart of salted water until soft, then press the vegetables through a colander and boil down the water to half its volume. Thicken with two tablespoonfuls of flour rubbed to a paste with cold water, and

add one fourth cupful of minute tapioca, first soaked in cold water. Stir, and as the mixture thickens, keep adding rich brown stock until three cupfuls have been added. Stir in the sifted vegetables, add one half teaspoonful of pepper and extra salt if needed, and serve in bouillon cups with a garnish of ripe olives stuffed with sharp cheese. Six servings.

Potage Parmentier

(The French Potato Purée)

Slice lengthwise the white part of two or three stalks of leek and put over the fire in two tablespoonfuls of fat in a large saucepan. Cook for five or six minutes, or until slightly browned. Put through the food chopper one onion and one head of celery; add these, with six good-sized potatoes, pared and sliced, and one quart of veal or chicken stock (or water) to the saucepan, and cook for twenty minutes after boiling has commenced. Strain and press the vegetables through a colander. Thicken the liquid by adding three eighths cupful of flour, rubbed smooth with three or four tablespoonfuls of butter, and the whole stirred until the mixture boils. Add the sifted vegetables, season with salt and pepper,

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and let boil again. A beaten egg or two may or may not be added the last thing. Six servings.

ACCOMPANIMENTS. The correct accompaniment is a good tablespoonful of well-browned croûtons added to each portion immediately before serving. Or a dish of croûtons may be passed, for each guest to help himself.

GARNISHES. A large tablespoonful of thick, whipped cream may be allowed for each serving and added to the tureen before the soup is brought to table. Or the cream may be put into the bouillon cups, and the soup ladled over it. Or, if the croûtons are passed, the cream may be added to each cup and sprinkled with chopped chervil leaves, parsley, or sorrel.

SERVICE. This soup should be served in bouillon cups and immediately after removal from the fire. It loses in flavor if kept standing.

VARIATIONS OF POTAGE PARMENTIER

Potato and Beef Soup

Mix with two tablespoonfuls of flour one half teaspoonful of salt, one fourth teaspoonful of pepper, and one fourth teaspoonful of celery salt. Stir

these into two tablespoonfuls of softened butter in a saucepan, add one quart of beef bouillon and one pint of hot mashed potatoes, and stir until the soup boils. An egg or two may be stirred into it after beating stiff, before the saucepan is taken from the fire. Serve immediately.

Other Variations. Milk may be substituted for stock in both the Potage Parmentier and the Potato and Beef Soup. Fish stock may be used instead of meat stock, and a cupful of chopped cooked fish added to either of the soups, or either may be made on a basis of Vegetable Stock.

Succotash Soup

Cut from the cob enough kernels of sweet green corn to make two cupfuls; four large or eight small ears of corn will probably be needed. Shell enough lima beans to make one and one half cupfuls, and put these, with the corn cobs, into a large saucepan with one quart of cold water; bring slowly to a boil and cook for thirty minutes at simmering point. Add the corn and cook for ten or fifteen minutes longer. Remove the cobs, add a pint of sifted tomato pulp, and thicken and season the whole

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with four tablespoonfuls of flour, one and one half teaspoonfuls of salt, one half teaspoonful of pepper, rubbed into four tablespoonfuls of softened butter. Stir until the whole boils up. Six servings.

ACCOMPANIMENTS. Pilot crackers, toasted brown, or any of the accompaniments listed in Chapter Six.

GARNISHES. Small spoonfuls of corn fritters, fried in deep fat or sautéed, and dropped while hot into each serving, are especially good.

VARIATIONS OF SUCCOTASH SOUP

Succotash from dried corn and beans may be used. Measure two cupfuls of each, soak overnight in soft water, and cook each in three cupfuls of water in separate saucepans for five or six hours, or until tender. A fireless cooker may be used with much advantage, otherwise the saucepans have to be watched, and the quantity of water kept up by adding cold rather than hot water when it boils down. Press the corn when soft enough through a colander, add to the beans, with the liquid it was boiled in, and season and thicken as in Succotash Soup made from fresh vegetables.

Canned succotash may also be used, allowing a quart can to three pints of water, bringing to a boil and thickening and seasoning as for Succotash Soup.

Other Variations. Milk or cream may be substituted for the tomato pulp in Succotash Soup; or tomato pulp may be substituted for part of the water in the soup made from either the dried or the canned vegetables.

Bacon fat is an excellent substitute for butter in any form of this soup; and one fourth cupful of finely minced cooked ham is often added when tomatoes are not used. Or a ham bone may be boiled with the beans.

Crumb and Carrot Soup

Scrape a pound of carrots (from two to six carrots), cut in dice, and cook in one fourth cupful of butter on a frying pan with the white part of two leeks and one small onion, chopped, until the onions begin faintly to color the butter. Turn the contents of the pan into a pint of water, and simmer until the vegetables are soft. Strain, sift through a colander, return to the liquid in which they were cooked, and add a quart of good stock. Add three tablespoon-

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fuls of flour blended to a paste with a little cold water, stir until the mixture boils, season with salt and pepper to taste, and stir in before serving one half to one cupful of fine, sifted crumbs. Six servings.

ACCOMPANIMENTS. A very few oysterettes or toasterettes may accompany this soup, but the addition of the crumbs makes another starchy accompaniment unnecessary, as when croûtons are used there is similarly no need for another accompaniment of a starchy kind.

GARNISHES. Leaves of cress, liberally added, are probably the best garnish for this soup. Green olives, stoned, with or without a filling of some kind, are also good.

VARIATIONS OF CRUMB AND CARROT SOUP

Raw Carrot Purée

Instead of cooked carrots as in the first recipe, tender young carrots are grated on a coarse vegetable grater. These are stirred into a quart of hot stock, first thickened by the addition of one half cupful each of flour and soft butter, rubbed together. (For economy's sake, one fourth cupful of softened butter can be used to blend with one half

cupful of flour.) Seasoning is added, the grated carrots are cooked for five minutes in the thickened stock, then one cupful of either water, milk, or thin cream, in which two beaten eggs have been mixed, is added the last thing, and the whole allowed to heat through before serving. Six servings.

It is important that the carrots shall be grated, not chopped, and young carrots rather than winter-stored ones should be used.

This soup is thought to be very wholesome and nutritious.

Flemish Soup

Mince two ounces of lean raw ham, mix with three onions, three stalks of celery, and six raw potatoes, all sliced rather thin or put through the food chopper, and put into a soup kettle containing one half cupful of olive oil, butter, or bacon fat. Cook, tossing the vegetables about now and then, until they begin to brown. Add one quart of stock and cook until the potatoes have boiled away. Strain, return liquid to kettle, add water to make up three pints, thicken slightly with four tablespoonfuls of flour blended smooth with a little water, add one half teaspoonful of mixed dried herbs, or of mushroom

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powder (see page 122), and salt and pepper to taste. The juice of a lemon, or a tablespoonful of tart preserves, or of chopped pickles, all are good additional seasonings.

ACCOMPANIMENTS. Whole-wheat or oatmeal crackers are good, or strips of rye bread toasted until crisp. Other starchy accompaniments are also in order.

GARNISHES. Slices of hard-cooked egg sprinkled with lemon juice, or broiled fresh mushrooms, or cheese balls are all appropriate garnishes.

Purée of Mushrooms

Peel and remove stems from a quart of fresh field mushrooms and cook on a shallow pan in three ounces of butter until the flavor is developed. Or if preferred the mushrooms may be broiled in an oyster broiler. Rub through a colander and add to a quart of mixed stock and water in soup kettle. Thicken with four tablespoonfuls of flour, which, if the mushrooms have been cooked on a pan in butter, may be added after the mushrooms are ready to be sifted; otherwise the flour should be rubbed with an equal volume of butter and stirred

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into the sifted vegetables and stock. Season to taste with salt and pepper. A few drops of tabasco or a tablespoonful of Worcestershire make an agreeable addition. Six small servings.

ACCOMPANIMENTS. Hard Bent or other crackers, hard unsweetened zwieback, etc.

GARNISHES. Very small "button" mushrooms are the correct garnish. Chopped parsley, etc., may be substituted.

SERVICE. Rather small bouillon cups about three fourths full are best for the service of this very rich soup.

VARIATIONS OF MUSHROOM PURÉE

Half the quantity of mushrooms may be used, and milk may be substituted for stock, thus making a Cream of Mushroom Soup.

Green Pea Soup

In two ounces of soft butter in a large saucepan cook one pound of young green peas, just shelled, together with a cupful of very finely shredded green lettuce (chiffonade), the green part of one or two leeks, or a tablespoonful or more of chopped chives,

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and a spoonful of chopped chervil or parsley. Cover kettle and toss once in a while to expose its content equally to the heat. When the butter just begins to change a very little in color, add enough water to cover the vegetables, and continue to cook until peas are soft. Sift all through a colander, return to the kettle, add a quart of clear white stock, thicken with two tablespoonfuls of arrowroot, and add seasoning of salt and pepper to taste. Six servings.

ACCOMPANIMENTS. Miniature scones of wheat flour and mashed potato go especially well with Green Pea Soup. (See page 135.)

GARNISHES. Wee rice croquettes, no bigger than a small thimble, fried in deep fat to a pretty brown, are a good garnish. So are young green peas cooked whole.

VARIATIONS OF GREEN PEA SOUP

New Potato and Green Pea Soup

(Or Fourth of July Soup)

Substitute new potatoes, boiled and mashed, for one half of the peas, and otherwise proceed as for Green Pea Soup. It is important that the potatoes

shall be freshly cooked, quickly mashed, and added while hot to the soup kettle. Milk or thin cream may be substituted for stock. This delicious soup is in season when the first peas are ready to pick, and the young new potatoes are hardly bigger than walnuts.

Green Pea and Tomato Soup

Equal parts of sifted green pea pulp and sifted tomato may be used, other ingredients the same as for Green Pea Soup, and the method the same.

This soup is very good made with canned peas and tomatoes. In this case the sifted pulp is added directly to the thickened and seasoned stock.

Vegetable stock may be substituted for meat stock if a soup *maigre* is desired.

Green Pea and Celery Soup

Equal parts of green pea pulp and very tender celery, chopped fine, with the other ingredients the same, make a very good soup. Unless the celery is crisp and tender it had better be steamed and sifted.

Another excellent soup results from a combination in equal parts of green peas, new potatoes, and

celery. Green peas and corn are delicious, — in fact there is hardly one of the young season vegetables which may not effectively be combined with early peas.

Purée of Green Vegetables

Put through the food chopper three heads of green lettuce, two bunches of sorrel, three or four beet tops, and several leaves of chervil. There should be enough to make a heaping quart of the finely chopped greens. Melt one fourth cupful of butter in a soup kettle, add a tablespoonful of chopped chives or green tops of onions, put in the greens, cover, and steam until tender, adding a little water only if there is danger of burning. When the vegetables are soft press the whole through a colander and return to the kettle with three pints of chicken stock. Season with additional salt and pepper if necessary, and with a pinch of cayenne and one tablespoonful of sugar. Thicken with three tablespoonfuls of arrowroot or its equivalent of another transparent thickening. (See page 23.)

ACCOMPANIMENTS. Crisp zwieback are particularly good. Other accompaniments may be chosen from the list in Chapter Six.

GARNISHES. Lightly toasted marshmallows or small spoonfuls of whipped cream.

VEGETABLE SOUPS MADE WITH WATER ONLY

Maigre Soup

Grate one large onion and let this cook in two tablespoonfuls of butter until well browned. Boil in a separate kettle in three pints of water one cupful of chopped cabbage or Brussels sprouts, or green lettuce leaves, together with one leek, one large carrot, one stalk of celery, and one half of one sweet pepper, all finely chopped. These should all cook slowly for an hour; then add the browned onion with one cupful of sifted tomato, two teaspoonfuls of salt, one half teaspoonful of pepper, one half teaspoonful of dried thyme or mixed herbs or mushroom powder, and one fourth teaspoonful of paprika. Let the whole simmer for fifteen minutes, then strain, return liquid to kettle, and thicken with three tablespoonfuls of flour rubbed smooth with three tablespoonfuls of butter. Six to eight servings.

ACCOMPANIMENTS. Bread sticks, croûtons, zwieback, or cheese crackers.

VEGETABLE SOUPS

GARNISHES. Sliced, hard-cooked eggs; a liberal dusting of Parmesan or any other hard, grated cheese; egg and cheese balls; miniature fish balls; or any other of the more nutritious garnishes is in order.

Tomato Bouillon

Into four tablespoonfuls of butter melted in the soup kettle stir four tablespoonfuls of flour mixed with one and one half teaspoonfuls of salt, one teaspoonful of pepper, and two tablespoonfuls of sugar. Blend until smooth and add one tablespoonful of onion juice. Add, a little at a time, while you keep up the stirring, one quart can of tomatoes, first pressed through a colander, and four whole cloves and four peppercorns, also a good tablespoonful of fine-chopped parsley. Let the whole come to a boil, then add a pint of hot water, and let boil once more before serving. Six servings.

ACCOMPANIMENTS. Strips of Boston Brown Bread, with or without cheese between; or whole-wheat bread sticks; or nut bread, — all are appropriate where it is desired to supplement the nutrition of the soup. Otherwise, crackers of almost any kind.

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GARNISHES. With this, as with all the other "lean" soups, nutritious substances may be used as accompaniments or for garnish, if this is thought desirable. Hence, sliced, hard-cooked egg or the other garnishes suggested for Maigre Soup are in order here. Where the soup is not depended on to convey an appreciable part of the nutriment of the meal, the prettiest garnish will be found in finely chopped greens of some kind, a chiffonade of lettuce, or stoned green olives.

Russian Julienne Soup

Put through the food chopper one good-sized carrot, one small turnip, a stalk of celery, two onions, one or two radishes, and fresh mushrooms to equal in quantity all the other vegetables. Sauté the whole in one half cupful of butter or olive oil, and when lightly browned add to a soup kettle containing one pint of vegetable stock (or water). Cook all to a pulp, then add a quart of hot water and let the whole simmer for an hour. Season to taste with salt and pepper, and with one tablespoonful of sugar. Strain before serving. Six servings.

VEGETABLE SOUPS

ACCOMPANIMENTS. Pulled bread is very good, especially if made from a dark bran or whole-wheat loaf.

GARNISHES. Since the name "Julienne" is applied to a soup made with vegetables in season in the month of July, and since such a soup usually emphasizes green vegetables, the correct garnish in this case is a chiffonade. (See page 143.)

Garspacho, a Spanish Summer Soup

Stew slowly for an hour in one quart of water the following fresh vegetables: One quart of tomatoes, peeled and sliced; one large cucumber, sliced but not peeled; one clove of garlic. Add salt and pepper to taste, perhaps two teaspoonfuls of salt and one of pepper, and two tablespoonfuls of granulated sugar. After the cooking is complete strain the soup directly into the tureen and set aside to cool. When the soup is quite cold place a small block of ice in the tureen, and just before serving add one and one half cupfuls of cucumbers, peeled and sliced very thin, — the cucumbers should have been standing in vinegar while the soup was cooling, — and one cupful of crisp, dry croûtons

which have been sprinkled lightly with tarragon vinegar. Six servings.

This soup is sometimes called a "Salad Soup."

Sorrel Bouillon, Cold

Chop fresh sorrel enough to make a heaping cup, also two or three button onions, a few sprigs of parsley, and a small bunch of beet greens, and cook very slowly in water to cover until the vegetables are tender. Strain off liquid, press out the juice from the greens, and add one quart of water or vegetable bouillon. Season with salt and pepper to taste and add one tablespoonful of sugar. Chill thoroughly before serving. Six servings.

CHAPTER FIVE

SOUPS WHICH ARE SOUPS-PLUS

FROM countries over the sea the tradition comes to us that soups are highly nutritious. So they are — many of them — over there. The soup of the Russian peasant, the French, the Italian, contained all that was needed for an excellent one-piece dinner, cooked in one pot, served on one plate, eaten at one time. But gradually the liquid part of the original *potage* began to be served by itself, the meats and vegetables in a separate course; and after this even the liquid was deprived of much of its nutriment by clarifying. What is left, in our fine clear bouillons or consommés, is not nourishing to any great degree, but it nevertheless has an important function to perform in stimulating appetite, in aiding digestion, and in giving a sensation of refreshment at the beginning of a meal. This is all we have now, for the most part, grown to expect of our soup course.

We have chosen for our section on “Soups Which

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Are Soups-Plus" a number of the old-world and old-time soups that are really complete dinners. Those to whom this dish was an everyday meal literally "ate the soup", and thus has probably arisen our polite custom of saying "eat" instead of "drink", though we now rarely find anything to eat in our soup plates.

The characteristic soup which is soup-plus of our New World is the chowder. It got its name from the *chaudière*, the big pot in which we are told a party of shipwrecked *émigrés* cooked the fish they caught, together with bacon, potatoes, and pilot crackers from the ship's stores. It was natural to them to make this kind of soup, which we would call a stew. Since then it seems as though every succeeding generation has added more water to the pot, so that our degenerate chowders are now served for the soup course and eaten with a spoon.

The chowders with which we open our section are the genuine kind.

Fish Chowder

Put into the chowder pot one half cupful of water, add one thinly sliced onion, one pound of haddock or codfish cut into chunks and sprinkled with a

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mixture of one teaspoonful of salt, one fourth teaspoonful of black pepper, one fourth teaspoonful of ground mace, and one sixth teaspoonful of cayenne. Add one cupful of solid oysters, two tablespoonfuls of butter, either melted or cut into little bits, and one fourth pound of Boston crackers. Over these place in succession another pound of fish, similarly cut into chunks and sprinkled with the same seasonings in the same amounts as before, then oysters, butter, and crackers. Lay over all one fourth pound of sliced salt pork or bacon. Cover the pot closely and let stew for half an hour, adding more water if the mixture gets too dry. Before serving pour over the whole one half to one cupful of thin cream, first heated. Eight servings.

ACCOMPANIMENTS. Steamed, boiled, or baked potatoes; or boiled rice, with crusty rolls and butter, are the usual accompaniments.

GARNISHES. Cress or finely chopped parsley added the last thing to the serving dish are pretty garnishes. Or green olives may accompany each serving on the plates; or radishes; or steamed heads of Brussels sprouts.

SERVICE. This dish is served on dinner plates, and eaten with a fork.

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VARIATIONS OF FISH CHOWDER

Tomato Chowder

Use one pint of sifted tomato pulp instead of the water prescribed in the recipe for Fish Chowder and proceed without other change except the omission of the cream.

Halibut Chowder

Cut into thin, narrow strips three or four slices of fat ham and cook on hot pan with one sliced onion until onion is nicely browned. Pare and slice six medium-sized potatoes; remove skin and bones from two pounds of halibut or other white fish cut in slices, and arrange in alternate layers of potato and fish, interspersed with the bits of ham, in a deep kettle until all have been used up. Sprinkle each layer with seasoning of salt and pepper. Pour over the whole two cupfuls of fish stock or court bouillon, cover, and simmer for half an hour or until potatoes are cooked. Add one cupful of thin cream, heat through for a moment, and serve at once in shallow soup dishes with small pilot crackers. Six servings.

Salt Codfish Chowder

Remove skin and bones from a pound and one half of dried codfish, pull it apart into rather small pieces, and pour hot water over to cover. Let stand an hour or so, change the water, and repeat the soaking. Pare and slice a quart of potatoes and two white onions, and arrange in chowder kettle in alternate layers with the codfish. Barely cover with hot milk, add seasoning of salt and pepper if necessary, and simmer until fish and potatoes are cooked. Add two tablespoonfuls of butter, and let it melt over the chowder before serving. Six servings.

Corn-meal dodgers or slappers go appropriately with this pioneer-time dish.

English Chowders

In these a cupful or more of stale bread crumbs is added to the chowder shortly before serving to absorb excess of moisture. This kind of chowder is served on ordinary dinner plates, but the individual plates are garnished with crisp croûtons cut in odd shapes.

Corn and Chicken Chowder

Add to the water called for in Fish Chowder one quart can of sugar corn, omit the fish and oysters, and substitute one four-pound chicken, cut up as for fricassee. Use crackers, seasonings, and butter as before, also the sliced bacon or pork. Six to eight servings.

Rich Clam Chowder

Cut into strips three or four slices of fat ham and cook in the chowder pot with one onion, sliced thin, until the whole is nicely browned. Pare and slice two pounds of potatoes, remove from their shells three dozen clams, and arrange these with the potatoes in alternate layers as in Fish Chowder, adding to each layer in addition to the seasonings prescribed one half teaspoonful each of dried summer savory and marjoram. Pour over the whole the liquor from the clams and cook over gentle heat until potatoes are soft. Six to eight servings.

Place on each portion a tablespoonful of unsalted butter or two tablespoonfuls of heavy whipped cream.

Other Variations. Milk or thin cream may be substituted for water or other liquor in making any

of the chowders of the preceding recipes ; only, when this is done, it is best to cook the potatoes in the chowder pot, instead of separately boiling or baking them.

Portuguese Family Soup, or Cucido

Cut into two-ounce pieces one pound of lean beef, divide two slices of raw ham into one-inch strips, and brown in bacon fat on a very hot pan. Put into the soup kettle with three pints of cold water or stock, or a mixture of the two. Add the bone from a leg of mutton or ham, and two cupfuls of parboiled dried beans. Let come to a boil, and simmer for two hours, or until meat and beans are almost cooked. Add one entire small or the half of a large fowl, cut up as for fricassee. Let come to a boil, cook for fifteen minutes, then add one small head of cabbage, whole ; two large carrots ; and a clove of garlic. Cook until cabbage, when tried with a fork, is almost done, then add a pint of tomatoes, either canned or fresh and whole, and cook for fifteen minutes longer. Sometimes three or four links of sausage are added at this point.

Prepare in another saucepan a cupful of rice as follows : Chop one small onion and cook until brown

in four tablespoonfuls of butter, add the rice and enough liquid from the soup kettle to cook it, with allowance for swelling — perhaps four cupfuls. When the grains are soft add two tablespoonfuls of catsup, either mushroom or tomato, and one teaspoonful of white pepper. Stir all together thoroughly and place in the bottom of a soup tureen. Strain over this the liquid from the soup kettle and arrange the meat and vegetables on a hot platter. This soup calls for some care in the making, but is an uncommonly good dinner-in-one-piece. Six servings.

ACCOMPANIMENTS. French rolls, or such bread-stuffs as may be served at dinner, are in place, since this soup is a hearty one-piece dinner.

GARNISHES. The platter may be garnished with very small dumplings, not more than an inch in diameter, cooked with the soup. Or a border of cress with radish roses here and there is still better.

SERVICE. Serve in large, rimmed soup plates both a portion from the tureen and one from the dish of meat and vegetables at the same time. Soup spoons and knives and forks are used to eat the soup.

Soldiers' Soup (Russian)

Cut in slices one small, firm head of cabbage, and slice very thinly one leek and two onions. Cook the whole in two ounces of butter in a hot kettle for five minutes. Add three pints of water or stock and from one to two pounds of lean beef, cut in two-ounce pieces. Season with one and one half teaspoonfuls of salt, cover pot, and allow to simmer until meat is tender. Blend three tablespoonfuls of flour with a little water and three fourths teaspoonful of pepper, add to kettle, and stir until the whole boils. Just before serving stir in one fourth cupful of thick sour cream. Six to eight servings.

ACCOMPANIMENTS. Galettes are the correct accompaniment. These are made by mixing one cupful of sugar with three cupfuls of flour, sifted with three fourths teaspoonful of salt and three teaspoonfuls of baking powder. Beat two eggs, add one half cupful of rich milk, and mix the whole to a dough. Roll one third inch thick, cut into rounds three inches in diameter, prick with a fork, and bake on a sheet in a quick oven. When nearly done brush over the tops with beaten egg and milk, or milk alone, or sugar and water.

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GARNISHES. Beet balls cut from baked or boiled beets, or sliced beets, or puffed seeded raisins, or fried carrot balls, or fried apple balls, or apples pared, cored, and cut into eighths, then fried like French Fried Potatoes, are all suitable garnishes for this soup.

SERVICE. Preferably in the small brown marmite jars used for individual servings.

Crab Gumbo

Brown in two tablespoonfuls of butter one sweet green pepper and one small white onion, both minced. Add one slice of minced cooked ham, let all brown together, then turn the whole into a quart of veal or fish stock (pp. 16-7, 18), add a pint of sliced okra pods, two sliced tomatoes or one cupful of sifted canned tomatoes, and a pint of crab meat. Add salt to taste if the mixture is not already sufficiently salted by the ham. Mix four tablespoonfuls of flour with three tablespoonfuls of soft butter, add to kettle, and stir until the whole boils. Six or more servings.

ACCOMPANIMENTS. Boston crackers, split, toasted, buttered, and sprinkled with grated cheese go well

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with this gumbo. Any of the other customary accompaniments may be used.

GARNISHES. Thin slices of lemon or finely shredded green lettuce are the most suitable. Green olives, pimolas, or radish roses are pretty.

VARIATIONS OF CRAB GUMBO

Shrimp Gumbo

Substitute a pint can of shrimps for the crab meat and use instead of the veal stock a quart of sifted tomato pulp. Use other ingredients as in Shrimp Gumbo and add a wee pinch of cayenne pepper. This soup should be nearly as thick as a purée.

Gumbo Filet with Oysters

Use chicken stock instead of the veal or fish stock in Crab Gumbo, and instead of the crabs add a quart of solid oysters. Season as for Crab Gumbo, with the addition of one fourth to one half teaspoonful of filet (this is a mixture of very finely powdered mixed herbs); and use for thickening six tablespoonfuls of flour mixed with four tablespoonfuls of butter.

Polish Gumbo

Cut out one fourth pound from the heart of a cabbage, and cut this into thin slices with two leeks, one half an onion, one beet, and one celery root. Add a tablespoonful of minced parsley and cook the whole in a covered soup kettle in one fourth cupful of butter until the mixture just turns brown. Have ready two pounds of lean beef and the half of a young duck, the beef cut into two-inch cubes, and the duck divided as for fricassee. Add to the pot, and stir around until the meat is partially browned on the outside, then pour in a quart of water and cook until the meat is tender. Shortly before the soup is ready to serve add one grated beet, tied up in cheesecloth, also a spoonful of kitchen bouquet; and, if you wish, a half cupful of mushrooms, or a quarter pound of sausage sliced very thin. Thicken with four tablespoonfuls of flour, season with two teaspoonfuls of salt and one half to one teaspoonful of pepper, and pour the whole into a deep tureen. The cheesecloth containing the beet should be removed and squeezed to get out all of its liquid, before the soup is brought to table. Six large servings.

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ACCOMPANIMENTS. In its own country this soup is served with the accompaniment of one or two small sausages to each portion. Rice croquettes might be used by us instead, or potato balls or pancakes. (See page 136.)

GARNISHES. Very thin shreds of green sweet pepper, or prunes stuffed with apples, or a candied cherry or cranberry to each portion would any of them be appropriate. So would a good sprinkling of chopped parsley.

Bouillabaisse

This famous soup, which has come to us from France with historical associations behind it, is made by cutting up one pound each of three different kinds of fish, after first removing the bones and skin. The pieces should each be about the size of an egg. Add these to a large saucepan in which one minced onion, one clove of garlic, one large tomato or a cupful of canned tomato, and a heaping tablespoonful of chopped parsley have been cooked until brown in one half cupful of olive oil. Season the whole with a tablespoonful of salt, and add a pinch of dried saffron, keeping the whole stirred until the fish is colored yellow by the saffron. Now

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pour in three pints of clam broth, or water in which clams have been boiled, or court bouillon (see page 20), or plain water, and cook until the fish is just done. Eight servings.

Sometimes the saffron is not added until the last, when the fish has been removed from the kettle, and then only the liquid is colored yellow.

ACCOMPANIMENTS. Slices of toasted bread are the proper accompaniment. (See Service.)

GARNISHES. Fresh chopped parsley or cress is the only garnish needed.

SERVICE. A hot platter is prepared, on which slices of toast are laid. The pieces of fish are lifted from the saucepan with a skimmer, and two pieces (or three) are placed on each slice of toast. The liquid is then strained into a tureen, from which it is ladled into soup plates, and a slice of toast with its burden of fish is placed in the center of each soup plate. The bouillabaisse is eaten with a soup spoon and a fork.

VARIATIONS OF BOUILLABAISSE

There are several variations of this dish, but the differences are only in minor details, — for instance, one recipe calls for a single large fish, with several

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small ones, such as shrimp, smelts, etc. Another insists that the fish, vegetables, and oil shall be put together into the saucepan, and there partly cooked together before the liquid is added. Yet a third excludes the clam broth and uses merely water. In its own country some cooks make a great fuss over removing the saucepan from the fire from time to time, and then putting it on again after it has to some extent cooled.

The constant features of this soup-plus are: (1) the three or more varieties of fish — though no specific kinds of fish are insisted on; (2) the use of enough saffron to give a pronounced color to either the fish, the soup, or broth; (3) and the method of service.

It is easy to see that a bouillabaisse is a complete fish dinner.

Red Beet Soup

(From a Russian Home)

Scrape the outside skin from six beets after washing them, and removing the tops and tails, add to a quart of cold water, and stew slowly from one to two hours, according to the age of the beets. Strain when soft, press through a colander, and return to kettle

with the water they were boiled in, also two cupfuls of clear white stock, two teaspoonfuls of salt, one half teaspoonful of white pepper, and one fourth cupful of sugar. Thicken with two tablespoonfuls of arrowroot, or its equivalent in sago or tapioca (see page 23), and stir until the whole boils. Remove from fire and add the juice of one or two lemons, according to taste. Additional sugar may be needed after this. Six servings.

SERVICE. Have ready six hot soup plates, with a slice of toast covered with grated cheese in the center of each. Place over the cheese a freshly poached egg on each piece of toast and immediately add a ladleful of the soup.

Eat with a fork and a soup spoon.

Black Bean Soup

Soak in soft water overnight a pint of black beans, and next day drain and cook until soft in two quarts of water. When done, dip up the beans from the pot and add to the water one tablespoonful of salt, one teaspoonful of pepper, and a large spoonful of mixed herbs tied in cheesecloth. This last should be removed after it has flavored the liquid

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to the taste of the maker. Sift the cooked beans through a colander, and return to the pot with a pint of good soup stock ; add when the whole is almost boiling six tablespoonfuls of flour and four of butter rubbed together to a paste, and stir until the soup boils. Eight servings.

ACCOMPANIMENTS. Toasted pilot or Boston crackers, bread sticks, or similar simple and rather substantial accompaniments go best with this soup.

GARNISHES. Two or three hard-cooked eggs, cut in not too thin slices ; and one lemon, sliced and cut into eighths, are the usual garnishes. Others may be substituted at will.

VARIATIONS OF BLACK BEAN SOUP

Baked Bean and Tomato Soup

Substitute one cupful of sifted baked beans and two cupfuls of sifted tomato pulp for the beans and the stock in Black Bean Soup. Use for seasoning any or all of the following, in addition to the seasonings given in the first recipe : bay leaf, one half of one ; celery, two stalks, finely chopped ; parsley, one or two sprigs ; and one half teaspoonful of paprika. This soup may be thickened with two

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tablespoonfuls of flour rubbed smooth with one or two tablespoonfuls of butter.

A heartier and more nutritious soup is made by reversing the proportions of beans and tomatoes. In this case use only one tablespoonful of flour to thicken. Water may well be substituted for stock in this soup.

Baked Bean Soup

Substitute two cupfuls of cold baked beans, measured after sifting, for the black beans of the original soup.

Lentil and Tomato Soup

Substitute lentils for the beans in Black Bean Soup, and proceed as for this soup, except that instead of adding a pint of soup stock after the sifting of the lentils, a pint of sifted tomato pulp should be substituted.

Yellow Split Pea Soup

Proceed as for Black Bean Soup, substituting for the beans a pint of yellow split peas.

Other Variations. In any of the recipes given above milk may be substituted for stock, or for tomato pulp when this is specified. Whenever milk

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is used in making these soups, the liquid should have the thickening added and cooked in until the whole boils, before the milk is added.

Variation may also be made by the use of different seasonings. The following are recommended: ham bones, chopped salt ham, or pork; one onion stuck with six or eight cloves; one teaspoonful of celery seed; one half teaspoonful of paprika; one tablespoonful of chopped sweet pepper or one or two tablespoonfuls of chili sauce; one half cupful of chopped celery, or other condiments at the discretion of the maker. A half cupful or more of seeded raisins is a particularly good addition.

All of these soups, made with a large proportion of dried leguminous seeds, are highly nutritious, and in themselves constitute a meal, with the addition of an apple salad or a baked apple for dessert.

Salmon Purée

Weigh two pounds of fresh salmon, after removing bones and skin. Cut into slices and simmer for an hour in three pints of slightly salted water, keeping closely covered. Sift the whole through a colander and return to kettle. Cook on a pan in two table-

spoonfuls of butter one or two sliced onions until these are well browned, and neither taste nor smell of onion remains. Add four tablespoonfuls of flour, stir and blend the whole, and mix with the contents of the soup kettle. Stir until the whole boils. Add one half teaspoonful of white pepper, and salt if more is needed. Beat in the last thing two to four well-beaten eggs, and stir until these are just set. Six or more servings.

ACCOMPANIMENTS. Hard Bent crackers or unsweetened zwieback are best with this very rich soup.

GARNISHES. Stuffed green olives, thinly sliced lemon, capers, or shreds of sweet green pepper are appropriate garnishes.

SERVICE. Small portions in bouillon cups are best for this rich soup, unless for a light luncheon where the soup begins the meal and a salad ends it. A lettuce salad, or one of fruit and lettuce, should be the right follow-up of so hearty a soup as Salmon Purée.

VARIATIONS OF SALMON PURÉE

Moussaline of Salmon Soup

Use one and one half pounds of salmon instead of two pounds, sift as before after cooking, but in-

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stead of using the water in which the fish was cooked substitute a quart of hot milk, thickened with four tablespoonfuls of flour rubbed together with four tablespoonfuls of butter. Add the sifted salmon to this, season with two teaspoonfuls of salt and one half teaspoonful of pepper, also a tablespoonful or less of onion juice or lemon juice. Let the whole boil up once, then divide into six bouillon cups. Have ready one cupful of heavy cream, previously whipped stiff with one fourth cupful of sifted salmon pulp, pressed as dry as possible, and seasoned with one half teaspoonful of salt and a dash of cayenne. Pile this over the hot soup in the cups, garnish with minced cress or parsley, and serve at once.

All that has been said regarding the richness of Salmon Purée, and its fitness to constitute the main dish of a light meal, applies more strongly to Moussaline of Salmon.

Other Variations. Green pea pulp, mashed white potatoes, or very soft boiled rice may be substituted for half the quantity of salmon in either of the foregoing recipes. So may very finely sifted crumbs, made from stale bread, first toasted brown. A garnish of cubes of red jelly goes particularly well with this last.

Cabbage Soup

Mince two or three pounds of tender, crisp white cabbage; chop one or two carrots and slice a large white onion; add these to a soup kettle in which three pints of good meat stock have been heated, and let simmer very slowly. Meantime cut into slices and then into strips one pound (or more) of nicely streaked breakfast bacon, and cook on a large pan with one or two cupfuls of cold boiled rice, this to be added as the bacon fat melts. When the bacon is cooked, turn the whole contents of the pan into the soup kettle, let boil up once, and if necessary continue to cook until the cabbage is soft. Add a dusting of pepper to taste. Six servings.

If no boiled rice is at hand, from one to two cupfuls of well-washed rice should be cooked in the stock before the cabbage is added.

This is one form of the famous cabbage soup which makes a whole dinner for the country people in rural France.

ACCOMPANIMENTS. Slices of hot buttered toast, or slices of rye, Graham, or oatmeal bread, with butter, or crisp hot rolls will round out the cabbage

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soup so that it constitutes a meal, with a follow-up of some sweet dish.

Or the quantity of rice may be increased to allow a half cupful, when cooked, for each person, and crackers may then be served with the soup.

GARNISHES. Little cakes of fried sausage meat may be used for garnish, or steamed heads of Brussels sprouts, or rings of sweet red pepper. Or this homey soup may be served without a garnish. Or, if the amount of bacon is lessened, grated hard cheese may be sprinkled over the portions, or passed in a dish to each person.

SERVICE. Serve from a tureen into deep, wide-rimmed soup plates. Only a soup spoon is needed to eat this soup, since the bacon is cut into small pieces.

Hunter's or Hare Soup

Cut into small pieces, free from bone, eight ounces each of rabbit or hare, and young pigeon, partridge, pheasant, or other light-fleshed game birds. Sauté all in a little bacon fat on a hot pan. Have ready three pints of rich brown stock — that made from game (see page 16) may be consistently used — in which one cupful of lentils has been cooked.

Or the lentils may be previously cooked overnight in the fireless. Add the browned meat to the stock containing the lentils, which may now be thickened very slightly with three tablespoonfuls of flour blended with the bacon fat left in the pan. Taste the soup to see whether it is sufficiently seasoned before serving. Mushroom powder (dried ground mushrooms) will go well with it. Six servings.

NOTE: The wild taste of the lentils serves to develop the game flavor, but there are still persons who like better a tamer taste. For these, beans may be used instead of lentils.

ACCOMPANIMENTS. Potato pancakes, spread with wild grape jelly, rolled like a jelly roll and fastened with wooden toothpicks, served hot from the pan, or small old-fashioned corn-meal slappers similarly spread with jelly and rolled, give a touch of the camp and the primitive to Hunter's Soup.

GARNISHES. Short lengths of celery, sautéed in fat on the pan where the game was cooked, or small broiled mushrooms, or cubes of wild grape or beach plum jelly, or small spoonfuls of elderberry preserve are all good to go with Hunter's Soup. Chopped green sorrel leaves are also appropriate, or a few barberries.

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SERVICE. Serve in soup plates or small marmite jars, with soup spoons. Serve the pancakes on small hot plates to the left, with breakfast forks to eat them.

Hard-cooked Egg Soup

Mix together one pint of chicken or other stock and one pint of milk, and add the mixture by degrees to one half cupful each of flour and butter, blended to a paste in a soup kettle or large saucepan. Stir until the whole boils and add seasoning of one and one half teaspoonfuls of salt, one half teaspoonful of white pepper, two tablespoonfuls of finely minced celery, one half cupful of chopped broiled mushrooms, one tablespoonful of lean cooked ham, minced, and a tablespoonful of capers. Have ready from four to six hard-cooked eggs, whites separated from yolks and passed through a potato ricer, and yolks cut into slices. Add the whites to the soup, let the whole boil, add two tablespoonfuls of lemon juice, and just before serving add the sliced hard-cooked yolks. These dissolve so easily, if cooked to mealiness, that they should be added without much stirring. Six servings.

A BOOK OF UNUSUAL SOUPS

ACCOMPANIMENTS. Small pilot crackers, toasted, are the best. Other accompaniments may be chosen, always giving preference to something crisp and well browned.

GARNISHES. A green garnish, especially one of pungent or pronounced flavor, is best adapted to this soup. Leaves of cress or stoned green olives are very good.

VARIATIONS OF HARD-COOKED EGG SOUP

The yolks of the eggs may be separated from the whites, cooked in greased cups set into hot water in a covered saucepan, and the whites beaten very stiff and poached by tablespoonfuls until just firm, then piled high over each serving, sprinkled with chopped cress. This is good where the hard-cooked whites may be thought indigestible.

All stock, or all milk, may be used instead of a mixture of milk and stock; or vegetable stock may be used instead of either.

Young green peas, freshly cooked, may be used instead of part of the eggs; so may chopped chicken or fish.

Broiled Oyster and Tomato Purée

Sift one quart can of tomatoes, and add to a saucepan containing four tablespoonfuls of butter, one half head of celery, very finely chopped, one bay leaf, and two tablespoonfuls of capers, stirred together with three tablespoonfuls of flour, one teaspoonful of salt, one half teaspoonful of pepper, and two tablespoonfuls of sugar. The tomato pulp should be added one third at a time, and this allowed to heat before the next addition is made, while the whole is kept stirred. The mixture when at boiling point should be quite thick. At this stage add the liquor drained from a solid quart of oysters, stir, cover the saucepan, and keep warm while the oysters are cooked in a greased oyster broiler by a quick fire. When the oysters are plumped and the edges crinkled, add them to the saucepan, stir all together, and increase the heat for a moment before serving. Six servings.

ACCOMPANIMENTS. Since this purée, which allows six or more good-sized oysters to each of six servings, should suffice for the main dish of a luncheon, its accompaniment ought to provide the bread-stuff needed for the meal. In actual practice, we

have found that hot corn cake, split and buttered, has been received with enthusiasm beyond that given any other offering. Of course crackers, rolls, or bread sticks may be given those who do not yet know how well oyster, tomato, and yellow corn-meal go together.

GARNISHES. No garnishes are needed unless perhaps a pinch of very finely chopped parsley in the very center of each serving, added the last thing.

SERVICE. Large bouillon cups, or pint bowls of pretty shape and ware of any color, except red, are best for the service of this very appetizing soup.

Anglo-Indian Mulligatawney Soup

After peeling six small white onions put them through the food chopper and cook in a little butter on a pan until delicately browned. Add to a soup kettle containing two quarts of stock, preferably chicken, or chicken and veal, or consommé. Add one clove of garlic and a four-pound chicken, cut into pieces as for fricassee and quickly browned on the outside in a broiler over a clear fire. Let the whole come to a boil and then simmer until the chicken is cooked, when a quarter pound of lean cooked ham,

SOUPS WHICH ARE SOUPS-PLUS

cut into dice, should be added, also two tablespoonfuls of curry powder, rubbed smooth in a little water. One ounce of sweet almonds, blanched and chopped fine, and one or two tablespoonfuls of chopped sweet pickles are the last additions. Since the name *muligatawney* means pepper-water, and the soup should be pungent tasting, more seasoning may be fearlessly added before pouring into the tureen. Eight servings.

ACCOMPANIMENTS. Boiled rice is the legitimate accompaniment. No garnishes are needed.

SERVICE. Serve on deep-rimmed soup plates, and eat with the aid of both soup spoon and knife and fork.

Onion and Bean Chowder

Cook two cupfuls of minced onion in one half cupful of butter for thirty minutes, or until soft, keeping saucepan covered. Add one cupful of baked beans and six potatoes, pared and sliced, one teaspoonful of pepper, one of mixed garden herbs, and three cupfuls of milk. Cook until potatoes are soft, add salt to taste, and add, the last thing, one cupful of thin cream. Let all heat through before serving. Six portions.

A BOOK OF UNUSUAL SOUPS

ACCOMPANIMENTS. Fresh, crusty, Graham rolls are the best. Other accompaniments of the more substantial kind may be chosen.

GARNISHES. One half to one hard-cooked egg, cut in slices, added to each portion, makes this dish a well-rounded complete meal. Leaves of cress or thin slices of lemon may be used for a further garnish, and will add relish to the chowder.

Onion and Oyster Chowder

Use fish stock instead of milk, and a pint of solid oysters instead of the cupful of baked beans. Or the oysters may first be broiled, and the flavor greatly improved. In either case the oyster liquor should count in making up the required amount.

CHAPTER SIX

ACCOMPANIMENTS AND GARNISHES

I

ACCOMPANIMENTS

Bread Sticks

THESE, if not much thicker than a lead pencil, and very crisp and snappy, go well with all soups, except perhaps a few of the clear fruit soups. They accompany cream soups particularly well.

Bread Fingers

These are like Bread Sticks, only shorter and fatter, so that they really are more like a slender roll than a finger. They are most appropriate for the Soups-Plus, for they will then supply the bread for the one-dish dinner furnished by the soup.

Pulled Bread

A long loaf of French bread is best to use, for in this the grain of the loaf goes lengthwise. Cut off the ends and slit through the crust along each side and on top and bottom, so that the crust is divided into quarters. Remove each section with the fingers and the help of a sharp knife, until the whole loaf is "peeled." Cut across into quarters, and with the fingers divide each quarter into fourths, lengthwise, so that the pieces somewhat resemble a rough and ragged bread finger. Dry these in a cool oven until they are dry to the middle; then let them become a light brown.

Any bread can be "pulled" and dried; sometimes thick slices are so treated, and as there is no need to aim at symmetry, pulled bread is often as irregular as rough pieces of broken stones.

Breads from Whole Grains

Breads made from whole-wheat or Graham flour, from oatmeal, corn meal, or rye, and also the steamed Boston Brown Bread, when cut into strips and toasted, are very good-tasting with soups of the more

nutritious kind, and they have been found excellent with the soups for which they have especially been suggested as accompaniments in the preceding chapters.

None of these may be used with the clear consommé or other soup adapted to a formal dinner. Only bread sticks, rolls, the usual crustless chunks, or plain or salted crackers may be served with the soup on formal occasions.

Crackers, Plain

The unsalted, unsweetened cracker like the pilot, the Boston cracker, water thins, oysterettes, and the like are safe to use with every kind of soup. When the soup is hot, both soup and crackers taste twice as good if the crackers are first crisped to a delicate brown in the oven, and served while hot. All kinds of crackers are improved by being freshly heated in the oven, even if afterwards they are allowed to grow cold before serving with a cold soup. Old crackers, a long time in the package or the cracker jar, are rejuvenated by the hot oven and will taste as though fresh from the bakery.

Crackers, Salted

Lightly salted crackers are almost an essential with Nut Soups, also Cereal Soups, since the salty taste develops the flavor of both nuts and grains. They are also a good accompaniment to such of the Fruit Soups as have them first on their list of accompaniments.

Crackers, Sweet

To serve a sweetened cracker with soup seems so daring an innovation that we had not boldness to recommend it more than once or twice in the special lists of accompaniments; yet we hope some courageous spirit will adopt the suggestion and make it the vogue. The cracker to serve with soup may be only very lightly sweetened, and the sweetness had better be due to the presence of fruit rather than of sugar alone. The hard fruited crackers are particularly good with very meaty-tasting soups, unless these are garnished with some other sweet substance, such as jelly, raisins, or preserves.

Croûtons

A croûton means a little crust, and this affectionate diminutive is correctly applied to small, accurately cut cubes of fine-grained bread, allowed to stand in a cool oven until they are crisp and brittle all the way through, and then delicately browned.

To serve croûtons, put them into an open vegetable dish, or any dish of similar shape, with a tablespoon conveniently placed for the guest to help himself, and offer them (from the left) after the soup has been placed from the right of the cover. The guest will take up a spoonful and drop them right into his soup. This is not done with other accompaniments, and would be thought highly improper, but the croûtons serve for both garnish and accompaniment, and when they are used no other form of bread appears on the table earlier than the fish course.

Sometimes the croûtons are dropped into the tureen and ladled out with the soup, but this ought to be regarded as an emergency method and one open to risk, since the fine point about croûtons is that they should be still crisp and unsoggy when eaten with the soup.

Flaked and Puffed Grains

Puffed or flaked rice, wheat, oats, corn, etc., always first oven-crisped before being strewn over the surface of the soup, may be used with all soups and at all times except at a formal dinner. These are so convenient and easy to use, also so effective, that we wonder not to find our soups more frequently accompanied and garnished by them. Unless used in large quantities, they are not incompatible (as are the Italian pastes) with the use of the more substantial accompaniments of other forms of bread stuffs.

Italian Pastes

Macaroni in elbow form, in alphabet form, or in one-inch lengths; spaghetti, either cut short after cooking or even in the uncomfortable long lengths that have to be divided by the spoon; or vermicelli, preferably in coil form, may all be served with almost all kinds of soups. They may be cooked separately, or with the soup; and they are equally correct with the clear soup for a formal dinner or with one of the heartier kinds. They are preferably excluded from cream soups or veloutés, or

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where the soups are so thick and opaque as to hide their presence.

Stuffed macaroni rings are effective, novel, and delicious. These are made by cooking the very large-size macaroni where the tube is one half inch or more in diameter, then cutting it into rings one third to one fourth inch long, and stuffing these with forcemeat, soft cheese, or what you will. Sometimes it is easier to stuff longer pieces and then cut them across into the short-length rings; this depends on the diameter of the macaroni.

Where Italian pastes are used in appreciable quantity in the soup they are rightly considered an accompaniment as well as a garnish, therefore only a small, light cracker should be offered, otherwise the soup course would be overweighted with breadstuffs.

SPECIAL RECIPES FOR ACCOMPANIMENTS

Gallettes

See page 107.

Miniature Potato Scones

Sift one cupful of flour with two teaspoonfuls of baking powder, one fourth teaspoonful of salt,

and one teaspoonful of sugar. Rub into these dry ingredients a tablespoonful of butter, then add one half cupful of mashed potato, and milk enough to make a soft dough. Roll to one fourth inch thick, cut into one-inch triangles, and bake on a greased sheet in a hot oven.

Potato Balls

Use one of the small vegetable scoops to cut these from raw potato and steam until cooked through. Or after steaming they may be dipped in egg and crumbs and fried in deep fat. Or stiff, cold mashed potatoes may be egged, crumbed, and fried in the same way.

Potato Pancakes

To one cupful of cold mashed potato add one beaten egg, one fourth cupful of cream or milk, and one half cupful of flour sifted with one teaspoonful of baking powder. More milk, or more flour may be needed to make a pour batter for the pancakes; this depends on the solidity of the mashed potatoes. Cook by quarter cupfuls on a hot, greased griddle, and spread with a thin coat of jelly or preserves before rolling and fastening with wooden toothpicks.

II

GARNISHES FOR SOUP

One of the old rules for garnishing soups was that the garnish ought to be an index to the character of the soup by being formed from its chief ingredient ; thus a Chicken Soup was adorned with cubes of chicken, and a Lobster Soup with the red tips of meat from the claws. This was sometimes a gratification to the guest who might not otherwise know he was eating chicken or lobster soup. This kind of garnish, *sui generis*, is always correct, and saves the soup-maker the trouble of choice.

Another class of garnishes includes substances quite opposite in flavor from the soup, chosen perhaps on the theory that opposites are complementals. A mild-flavored soup made on a cream sauce foundation, and fit for the nursery dinner, is given a dash of smartness by a garnish of shreds of red pepper, or olives stuffed with sharp cheese. Sometimes it is desirable to make use of a garnish startlingly different in flavor, and sometimes it spoils the soup if its own delicate flavor is obscured. When to do which is a matter for the judgment of the maker of the soup.

Yet a third kind of garnish makes appeal only to the eye. It is used to make the soup look pretty, and its flavor is not of much account. An example of this is the decoration of lettuce cut in confetti shapes recommended with Green Apple Soup, to accent the color of the dish. All the little last touches of finely chopped greens, of wee bits of bright carrots or yolks of eggs or whipped cream are meant to dress up the soup and make it so attractive that the guest will eat first with his eyes.

We give a good deal of space to garnishes, since whether regarded from one point or another they are more important to the success of the soup than used to be thought. Besides the list that follows we hope the artist in soups will devise many, many others yet unthought of.

Apples

Firm-fleshed, well-flavored apples, cut into balls with a small vegetable scoop, or cored, pared, and divided into eighths, then fried in deep fat. The apple balls may also be fried, or served just as they are.

Bananas

Bananas cut in cubes, in thin slices, or in balls are a good substitute for potatoes in the same forms, and they go well with green or red soups for contrast in color. Sautéed until brown they may be used with any soup where the flavor is liked.

Barberries

A few of the bright red berries dropped into any of the game soups, such as Hunter's Soup, Venison Soup, or soups of rabbit or hare, are very attractive and appropriate.

Beets

Beets cut into small balls, into fancy shapes, or in rings or rounds, are very pretty provided the decoration is made from baked rather than boiled beets. The deep, clear red of the baked beet is a very different thing from the dull, purplish red of the boiled. The flavor is as much better as the color, and it will pay the soup-maker to bake her beets for garnish.

A BOOK OF UNUSUAL SOUPS

Brussels Sprouts

Choose the prettiest heads, steam rather than boil them, and place one in the center of each soup plate.

Candied Fruit

Candied fruit of bright color, cut into small pieces, is appropriate to all fruit soups, also to soups made of rich stock. The fruit has to be soft and fresh-candied, or steamed until rejuvenated.

Capers

A few capers added to each serving will give both piquancy and color to the soup. They go particularly well with cream soups.

Caramel

The rich, clear brown of caramel is its claim to be a garnish. It also adds some degree of flavor — the “*al sugo*” flavor of many of the Italian soups. Cook a little granulated sugar on a hot pan until the whole is melted and a rather deep brown. Dash over it all at once as much cold water as you had sugar, and the liquid that can immediately be

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poured off is the caramel. The part, if any, that remains undissolved is barley sugar (unless you have burned the mixture to carbon), but the caramel is no longer sugar of any kind, and has no sweet taste. A little added to a clear consommé gives a richer tint of brown, and caramel may be added to any clear soup where its color is desired.

Carrots

Cooked carrots sliced and cut in rings, floated in the soup, either with or without a bit of something in the centers, — green olives, or wee potato or banana balls, etc.; or cooked carrots cut in balls, slices, or cubes; or young sweet carrots grated raw, are all good in many different kinds of soup.

Celery

Tender stalks may be cut in half or quarter-inch lengths, or the hollow part of the stalk may be first stuffed with cheese or forcemeat before cutting; or the green leafy tops that so often are criminally wasted may be chopped and used for a very pretty garnish.

Cheese

A dish of hard, finely grated cheese may be offered in the same manner as croûtons, and like these dropped into his dish of soup by the guest; with the difference that the cheese should be gently stirred to dissolve it, while the croûtons should be eaten almost before the soup penetrates them. When we say the cheese should be stirred, we mean in an unobtrusive way that nobody will notice, for to stir the soup is quite as bad form as to stir the coffee.

Cheese Balls

Mix grated cheese with an equal volume of sifted crumbs, add seasonings of any kind you like, bind the whole with enough beaten egg to make the mixture easy to mold into small balls, and fry in deep fat. About three to each helping of soup, or from three to five, will be right.

Cheese and Egg Balls

Hard-cooked eggs, the yolks rubbed to a paste with a few drops of cream or milk, the whites put through

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the ricer, then an equal volume of a sharp cheese added, the whole molded into balls, these dipped into beaten egg, then into fine crumbs, and fried in deep fat.

Chiffonade

Chiffons mean rags, and a chiffonade is made of finely shredded green lettuce, feticus, sorrel, or other greens. The mid-ribs should be removed from lettuce, and the strips should not be cut inconveniently long. The old-time chiffonades used to be cooked in butter until soft, or cooked in the soup until tender. Now we sometimes add this pretty green garnish just before the soup is removed from the fire; or, if cut to a delicate fineness, it may be used without cooking to decorate a cold soup.

Chou Paste

The chou paste is the cream puff and éclair paste, and it is used for a dozen and one other purposes. It is so often spoiled in the making that we shall give certain cautions in the recipe that follows.

Add one half cupful of butter to one cupful of boiling water, and cook until the butter is melted.

It is better that the butter should be soft, so that it will melt quickly and all over. Add one cupful of flour, throwing it in all at once, and stir the whole until a smooth ball is formed which will not stick to the sides of the saucepan and will not oil on the outside. This happens if the ball is cooked too long. While still hot, break into the saucepan, one at a time, three eggs, and beat each into the mixture until thoroughly incorporated before adding the next. Then continue to beat until it will not string when a fork is drawn through it.

The danger points in the chou paste are: (1) Overcooking of the flour with the water and butter. If the mixture oils, the puffs will not be good. (2) Insufficient beating after the eggs have been added. Beating must be continued until the fork can be drawn through it without the paste clinging.

The chou paste may be piped through a pastry tube into slender circles, strips, globular drops, etc., and fried in deep fat or baked on greased paper, or it may be mixed with grated cheese or chopped meat and similarly treated, and thus used for soup garnishing.

Cream

Heavy cream, whipped to a close froth, and seasoned while whipping with salt and pepper, a very little cayenne, or a few drops of tabasco, or sometimes with a little of the grated yellow rind of orange or lemon, is used in small portions to garnish almost any kind of soup except some of the heartier Soups-Plus. Unlike some other decorations, whipped and seasoned or flavored cream may garnish the soup for the most formal dinner. One fourth cupful of cream, whipped to a close froth, should be sufficient to garnish six portions of soup.

Croûtons

(See page 133.) These serve as both garnish and accompaniment.

Dumplings

Wee portions of any ordinary dumpling mixture are sometimes cooked in the soup, sometimes steamed separately, and put into the soup for garnish. They should not be much larger than a silver quarter.

A BOOK OF UNUSUAL SOUPS

Eggs

Hard-cooked eggs, cut in slices, serve as garnish and also increase the nutritive properties of the soup. Or yolks and whites may be separated after cooking, the whites pressed through a ricer and the yolks through a wire strainer, and effectively used to garnish a thick soup or a purée. Or each yolk may be cooked whole and unbroken by carefully slipping into hot salted water, and keeping under boiling point until the yolks are cooked through. A double boiler may be used for this. Each yolk may then be added to a single portion of soup; with fish soup they are particularly good.

Egg balls are made by rubbing together three yolks cooked to mealiness, with one raw yolk, or enough of this to blend them. Seasoning is added, the mixture is shaped into balls the size of a hazelnut, these are dipped in slightly beaten egg, rolled in fine crumbs, and used to garnish any kind of soup.

Royal Custard

This is made by adding either two whole eggs, or two yolks and one whole egg, to one half cupful of

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very strong consommé, with seasoning of salt, pepper, paprika, etc. The eggs are beaten as for custard, the mixture strained after the consommé and seasonings are added, and the whole poured into a small greased tin to the depth of half an inch, and oven poached until firm. The custard is cut into squares or lozenges after cooking, or small molds of intricate and elaborate shape are used to stamp it out in portions, and it is thus used to garnish fine, clear soups.

White Custard

This is made of whites of eggs and thin cream, in the proportion of one egg white to one or two tablespoonfuls of cream, with seasoning of salt and white pepper. Cook and cut as for Royal Custard. This may be used instead of Royal Custard.

Royal Custard and White Custard may be made with sifted tomato pulp or sifted spinach pulp, where red or green custards are desired for decoration.

Green Peas

Young green peas, cooked in the soup, may serve both to give flavor and to decorate. Or pea pulp,

A BOOK OF UNUSUAL SOUPS

pressed through a colander, well seasoned, and mixed with beaten egg in the proportion of one egg to three fourths cupful of the pulp, may be cooked like Royal Custard or formed into balls and poached or steamed, and used for garnishing.

Green Vegetables

Lettuce cut into confetti shapes, single leaves of cress or sorrel, fine-chopped green celery tops, parsley, or chervil, may be scattered over the surface of the soup, or a pinch or cluster placed in the center of each serving. When greens such as parsley are chopped for garnish, they should be so finely minced as to go through a coarse wire strainer.

Jelly

Cubes of bright currant or apple jelly are very pretty, and if added the last moment they will keep their shape while the soup is being eaten.

Lemon

Sliced lemon is a dainty garnish, provided the slices are paper-thin. Three or four may be allowed to a serving.

Liver Balls

Cook in a little fat on a hot pan one fourth pound of calves' liver — or better, chicken livers — and when done sift through a colander, season with salt and pepper and with one half teaspoonful of mixed dried herbs, moisten with enough beaten egg to bind the mixture, form into small balls, dip in beaten egg, then in fine crumbs, and fry for a minute in deep fat.

Marshmallows

Marshmallows, dusted with paprika, and either toasted brown or used as they come, may be used instead of whipped cream as garnish for a clear soup, a fruit soup, or any soup of pronounced color, like the Green Vegetable Purée or the Beet Soup. (See pages 93 and 113.)

Meringue

Egg whites, beaten to a close, stiff froth, and flavored and seasoned like whipped cream, may also be substituted for this. Or rounded tablespoonfuls of the beaten egg may be carefully poached in

hot water and used effectively on bouillon cups or in the center of the soup plates.

Mush

Cubes of fried mush, neatly cut and daintily browned, make a good garnish for grain soups, cream soups, and other homey soups, but not for soups served with formality.

Mushrooms

A fresh field mushroom, broiled, and placed in the center of the serving of almost any soup, will be welcomed. This garnish is right to use for either home or company.

Nuts

Very finely chopped nuts, dusted over the surface of any soup with enough body to hold them up, may be used any and all times.

Noodles

These may be used instead of macaroni or similar pastes.

Olives, Green or Ripe

With a small, sharp knife — a small French boning knife is best — peel the olive round and round in a spiral, freeing it from the stone, then arrange the peeling around a wee chunk of cheese or anything else you please, and press it back into the shape of the olive. A pretty and piquant garnish.

Oysters

A good-sized broiled oyster may be used instead of a mushroom, and is just as good and even better.

Peppers

Wee shreds of the outside red or green of sweet peppers make a pretty garnish, but they must be sparingly used if they are meant to be eaten. Very slender rings cut from small peppers may be floated on a soup, and, if you like, something may be dropped into the center of each ring, — a small blob of whipped cream or white of egg, a forcemeat ball, or the like.

Preserves

A spoonful of any thick, rich preserve may be placed in the center of the soup plate instead of jelly. This goes uncommonly well with rich meaty soups, and with the meat-containing Soups-Plus.

Profiterolles

These are nothing but small balls of chou paste, filled with forcemeat, cheese, caviar, etc., and either baked or poached in hot water.

Prunes

A big, soft, stoned prune, with or without some good stuffing, is an especially acceptable garnish for many soups.

Puff Paste

Bits of left-over pastry, rolled thin, cut with a sharp knife into pieces not more than half-an-inch square, and baked, make a welcome change from croûtons. A hot knife should be used in cutting the paste, or it will not rise at the edges.

Quenelles

These are made of forcemeat, shaped into ovals by the use of teaspoons, and poached or fried. (See recipe for Forcemeat at end of chapter.)

Raisins

Seeded raisins, baked in the oven or steamed until plump, or toasted patiently on a fork over a clear fire, with or without stuffing of nuts or meat, make a savory garnish.

Rice Croquettes

Merely plain cold boiled rice, shaped into wee croquettes no bigger than a small thimble, dipped in beaten egg and crumbs and fried in deep fat, are novel and pretty. The rice can be highly seasoned, or mixed with finely chopped ham, cheese, or anything you like, if you like.

Royal Custard

See page 146.

Sausages

Very small sausages, or larger if cut into one-inch pieces, are often relished as garnish for soup, and sometimes (as in Polish Soup) they are a necessary part of the ingredients.

Small cakes of sausage meat, sautéed, are also used.

Shrimp

A single, curly, red shrimp, or a pointed piece of red lobster meat from the claw, is appropriate for garnishing any kind of fish soup, or *maigre soup*.

Recipe for Forcemeat

Tender lean meat of any kind — veal, chicken, lamb, or beef — is pounded in a mortar, or scraped from its fibers, or run through a very fine chopper many times, until the resulting pulp is as smooth as paste. One cupful of this paste is measured, mixed with one half cupful of fine, soft bread crumbs first soaked in water, then cooked in milk or stock until the mixture leaves the sides of the saucepan (this is called panada); then a tablespoon-

ACCOMPANIMENTS AND GARNISHES

ful of butter is added, one well-beaten egg, and salt and pepper to taste. A very little thick cream may be added if the mixture is too stiff. It should be the consistency of a soft dough. This forcemeat is used for quenelles, balls, etc.

DISCUSSION OF THE COVER FOR THE SOUP COURSE

(See *Frontispiece*)

A portion of cold fruit soup of attractive tint is shown served in a glass soup plate placed on the decorated service plate. A roll of pulled bread is in the napkin. A large-sized bouillon spoon is set at the right on the outside — for all silver is used from the outside in — then, at right and left respectively come the fish knife and fork; and nearest the plate on each side the larger-sized dinner knife and fork.

While it is not correct to use a knife with the fish course, and its accompaniments are consequently planned so that only the fork is necessary, the knife is generally placed, except in hotels, to balance the cover, which as a rule calls for one more piece of silver at the right than at the left.

A few years ago all of the silver for four courses preceding the sweet course used to be placed at the

cover from the beginning of the meal, but the number of pieces has been gradually lessened, both to avoid what might seem to be over display, and also to save a possibly unsophisticated guest from embarrassment. Especially since the war there has been a greater tendency to simplicity, and now the cover set for three courses is considered the best usage. At this dinner the salad fork will be brought on with the salad.

A soup spoon could be substituted for the bouillon spoon in this cover, and a china plate instead of the glass plate chosen to set off the tint of the fruit soup.

Note that where the soup is placed ready to eat when the guest is seated, it is thought best to place also in readiness for immediate use the accompaniment to the soup — in the frontispiece the pulled bread — except that where crackers are chosen for accompaniment it is in somewhat better taste to offer them after the guest is seated.

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Date Due

OCT 29 '29			
OCT 31 '29			
NOV 1 '29			
NOV 3 '29			
NOV 3 '30			
NOV 9 '31			
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